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THE gateway

THE OFFICIAL STUDENT NEWSPAPER AT THE UNIVERSITY OF ALBERTA



EXECUTIVE DECISION

SU submits claim for judicial ruling on Lister policy changes

April Hudson

NEWS EDITOR ■ @APRIL_HUDSON

The Students' Union officially filed a judicial review against the University of Alberta Friday afternoon to appeal changes made to Lister Hall over the summer.

Six months have passed since the university announced unilateral changes to the student residence, and the window for this particular legal action was set to close Sunday, prompting the SU executives to execute a plan that had been bounced around since the beginning of the dispute.

"From the very beginning, we've wanted to work with (the university) to find the best solution. The manner in which this all came about, obviously, is not optimal — and going to (judicial review) is not the best solution, either — but at this point we just wanted to make sure we keep all our options open," said Students' Union Vice-President (Student Life) Saadiq Sumar.

"We're trying to make lemonade out of really terrible lemons, and I think that really speaks to why we felt like (the judicial review) ... was almost forced upon us."

Legal action is the latest in a long

line of attempts by the SU to get the university to back down from its decision to implement changes, which included changes to the staffing structure and alcohol policy. Negotiations have petered out and no compromise is in sight, according to Sumar.

"We're trying to make lemonade out of really terrible lemons, and I think that really speaks to why we felt like (the judicial review) ... was almost forced upon us."

SAADIQ SUMAR
VICE-PRESIDENT (STUDENT LIFE), STUDENTS' UNION

"I think, in certain areas, we've actually gone backwards," he admitted, when asked what headway the SU has made over the past six months.

"We continue to be optimistic about the university's ability to resolve this as an internal issue, as opposed to taking this to the court and having the court decide on it."

PLEASE SEE **JUDGEMENT** • PAGE 4

Money guru Gail Vaz-Oxlade tackles students' financial woes

Michelle Mark

ONLINE REPORTER ■ @MAMARKE

Gail Vaz-Oxlade has never once made a mistake with her money — or at least that's the impression the audience got during her sold-out talk, "Money Truths Nobody Else Will Tell You," on Monday evening.

"Truly, I never did," she said. "I just kept a budget from the very first job I ever had I wrote down every penny that I made, because I made so little that the only way that

I could make it to the end was to actually track it all ... so I just did the right things."

Vaz-Oxlade, the author of the newly released *Money Rules* and the host of two television shows on Slice, launched a torrent of curse-laden financial advice upon U of A students in the hopes of reaching a younger audience who, she says, remain oblivious to her message despite her ongoing attempts at blogging.

"What I said to my publicist at

HarperCollins was that when I go on book tour for (*Money Rules*), I want you to make it available to universities and colleges, because this is where it starts," she said.

"It doesn't matter how much money you make; it's how much money you keep. You are at the beginning of your lives, and so I want to make sure you know that there are resources available to you so that you can make the right decisions."

PLEASE SEE **MONEY** • PAGE 7



STUDENT LIFE Saadiq Sumar and the other Students' Union executives hope the judicial review rules against the University's changes to Lister Hall's policy. FILE PHOTO: DAN MCKECHNIE

"I absolutely loathe the gym and pool in January... too many fucking resolution people in the way. Just give up now and get outta my way!"

#3LF page 10

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colophon

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Encouragement helps children get active

Philippe de Montigny

NEWS WRITER • @PDEMONTI

A University of Alberta researcher has found that positive reinforcement could be the key to healthy children, after examining the link between parents' attitudes towards physical activity and their encouragement of their child's exercise levels.

School of Public Health PhD candidate Kerry Vander Ploeg reached that conclusion after analyzing province-wide survey data from 6,585 students in grade five and their parents. The data came from REAL Kids Alberta, a School of Public Health project looking into healthy eating and active living.

The rationale behind the selected age group is that boys and girls in grade five are closer in height and weight to each other, and exhibit similar body shapes.

"Children are simply not getting enough physical activity," Vander Ploeg explained.

"Only nine per cent of boys and four per cent of girls get their recommended 60 minutes of daily activity in Canada."

The study concluded that students whose parents encouraged physical activity "very much" were 22 per cent less likely to be overweight than those whose parents only encouraged them "quite a lot."

Vander Ploeg said her study showed that parents who cared, encouraged and engaged in an active lifestyle were associated with increased physical activity, regardless of a child's weight status.

Additionally, parents play an important role in shaping the health behaviours of their children immediately before their teen years.



SUPPLIED: VIRGINIA QUIST

Once adolescence hits, Vander Ploeg said there is a marked decline in physical activity levels, drastic changes to body shape and a shift in social influences.

"As children age, their relationship with peers start to increase in importance as their parents' involvement tends to decline," she explained.

Her study, recently published in the Canadian Journal of Public Health, is one of the first population-based reports on this matter, since previous studies have focused on much smaller samples of students. In 2008 and 2010, surveys were distributed to all grade five students in Alberta, yielding participation rates in the 60s.

"This means that our results are more generalizable," Vander Ploeg said.

"We don't have to premise our findings by saying, for example, that it only applies to

Edmonton."

In addition to looking at trends in activity levels, Vander Ploeg's research team — which includes her supervisor, Paul Veugelers — examined the effect of parental encouragement on the prevalence of excess weight in children.

They concluded there is a negative relationship between the two, although parents' attitudes and participation in fitness activities are not a significant factor.

"Parents don't have to be incredible athletes. Simply encouraging physical activity can have a beneficial effect on their children's health and prevent them from becoming overweight," Vander Ploeg said.

"Encouraging is a solution that doesn't cost much, if any, time or money. It's an easy solution to get your children more physically active."

streeters

COMPILED AND PHOTOGRAPHED BY Andrew Jeffrey



Sam Cheng MECHANICAL ENGINEERING IV

"Off the top of my head, I can't think of anything. Usually, when there's a bad financial decision, I take a step back and think about it."



Kyle Werklund MECHANICAL ENGINEERING IV

"A \$500 collector video game is probably the worst one — *Earthbound* for Super Nintendo. It was fantastic and well worth it, (but) maybe not with student loan money."

Volodymyr Vragoe GEOPHYSICS I

"Spending \$2,000 on a mountain bike I used 15 times."



Lydia Pichurski EDUCATION IV

"Probably just moving out before I had money, and taking lines of credit before it was really necessary."

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Flamboyant dinosaurs flaunted tail feathers for mating rituals

Katelyn Hoffart
STAFF REPORTER • @KATELYNHOFFART

Flightless feathered dinosaurs used to flaunt their plumage for attention when attracting mates, connecting the dots between some modern birds and their ancestors.

The discovery came from two University of Alberta researchers, who made the link based on fossilized feathers and unique vertebrae arrangements in dinosaur remains. Evolutions and Systematics PhD student W. Scott Persons, the lead researcher, set out to demonstrate how tails from a group of oviraptors supported a plumage of feathers made for attracting mates.

The two-legged, flightless creatures existed during the Cretaceous period, 120 million years ago, and their remains have been unearthed throughout Asia and in Alberta.

The PhD student collaborated with Philip J. Currie, a U of A professor and world-renowned paleontologist, who first discovered specimens of oviraptors that possessed pygostyles — a structure of two to five fused vertebrae still present in some modern birds — during the 1990s.

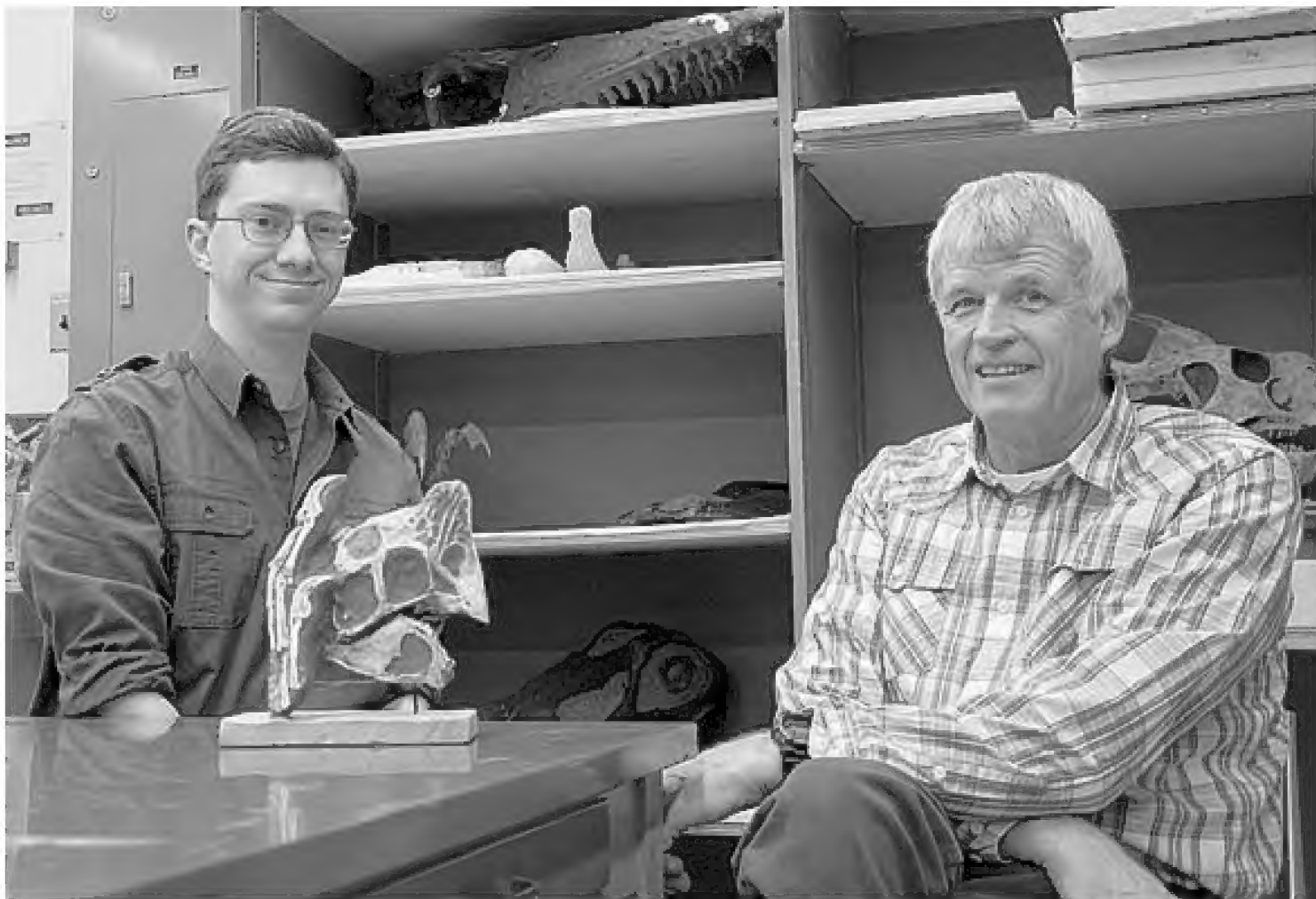
Persons was able to examine pygostyle structures more closely at the American Museum of Natural History in New York a few years ago.

“As soon as I sat down and took a look at the specimen, I realized immediately that something very different was going on,” he said.

“The individual vertebrae themselves were very short. That meant that, per unit length of tail, you had a whole bunch of vertebrae crammed in there together.”

He also noted that the tail would have been very flexible due to this arrangement.

“There are prongs of bone called transverse processes that are unusually wide and broad in oviraptors,



DINO DISCOVERY Persons and Currie share a passion for paleontology. CHENLEI ZHANG

and that implies very large muscle attachments,” he said.

Additionally, the fans of feathers directly preserved in some of the Chinese specimens share qualities with modern day birds. This includes peacocks and turkeys, which put on visual mating displays with their plumage.

Although feathers can be used to insulate body heat and to fly, Persons noted this animal was flightless and had their tail fan sticking out away from the body.

The researchers believe this feather arrangement, along with bone and muscle structure, supports the theory that the animals would shake their tails in a mating display.

“Dinosaurs were very visually oriented animals. Much like birds, they were almost certainly diurnal — daytime animals — and they relied very heavily on their sense of sight for what they did,” Currie explained.

“It makes sense that if you’re reliant on your sense of sight that you’re going to take advantage of that in any way you can ... The real purpose for all these showy structures in any dinosaur, whether it’s feathers or bone, was probably to attract a mate.”

Persons digitally reconstructed what some of the oviraptor musculature looked like by performing dissections on modern animals to find out where the muscles attach on the skeleton. He then made measurements on dinosaur bones to digitally sculpt the musculature over the skeleton.

“We are finding more oviraptors all the time ... with each one that’s found we get new information we can do something with,” Currie said.

“So the story isn’t over; it’s going to keep going. I bet you (Persons) is going to keep doing stuff on it too, because now he’s got a reputation.”

In the future, Persons wants to continue with dinosaur tail research, specifically with the Duck-Billed Dinosaur, to see what other clues the skeletons hold about differences between the size of each gender.

“One very clear line of research to come out of this study is the question of whether or not the pygostyles, the tails of oviraptors, were sexually dimorphic,” he said.

The full study, *Oviraptorosaur Tail Forms and Functions*, is available online in the international journal *Acta Palaeontologica Polonica*.

Commercial tackles everyday homophobic slurs

Katelyn Hoffart
STAFF REPORTER • @KATELYNHOFFART

An evocative new public service announcement decrying the uses of homophobic slurs has sprung up from last semester’s anti-homophobic sensation, No Homophobes Dot Com.

The 30-second video begins with young adults cussing about everything from back-stabbing boyfriends to cell phones, with all swear words bleeped out except for the words “gay faggot” at the end. The looming question, “When will homophobic language be unacceptable too?”, is written across the screen at the end, then directing viewers to the website.

“We had to cut through a lot of the noise that exists out there on social media and television to really focus people’s attention on the gravity of the issues, and really just ask a simple question: ‘Why is it that this other language (is) not allowed in our society, yet the homophobia is?’” explained Kristopher Wells, founder of No Homophobes Dot Com and Associate Director of the University of Alberta Institute for Sexual Minority Studies.

The initial website, which launched last semester, tracks “casual homophobia” on Twitter using key words, including “faggot,” “dyke,” “no homo” and “so gay.”

Since its initiation, the website has garnered international attention — as has its brainchild.

The recent PSA production was generated with the help of Global TV, who donated airing time on their network as a means of featuring the commercial. The video follows a poster campaign designed to spread the message of anti-homophobia, which was spread throughout campus and the greater Edmonton community via transit, washrooms and public spaces.

■ **“The power of these words really shapes peoples’ identities.”**

KRISTOPHER WELLS
ASSOCIATE DIRECTOR OF ISMSS

“We wanted to actually out those words, and we said, ‘Well, you can’t really talk about this issue of casual homophobia without actually naming the words and talking about (them),’” Wells said.

“The power of these words really shapes people’s identities, their realities, their possibilities in life.”

More than 11 million uses of these terms have been tracked so far on NoHomophobes.com, giving an average of 61,373 uses per day on Twitter alone.

The website also features a

slideshow of the individual tweets, showing exactly who is saying what. Although this has generated some controversy, Wells believes it’s necessary to quantify this prevalent social issue.

“We wanted to ... try to develop a public message to, number one, draw attention to the issue of homophobia, and number two, to view its prevalence in our everyday conversation,” Wells explained.

He added that he’s thrilled to have had the U of A stand behind the research and initiatives produced by the No Homophobes website, as well as the support of local partners and Global TV. The interest in the new campaign that he said has been generated throughout countries all over the world such as China, Russia and Australia is one step closer for him in combating casual homophobia.

Future plans for No Homophobes Dot Com will include hiring a computer science undergrad student to do further content analysis of the website, and to bring even more expertise into the research project.

Wells wants to continue to open up the conversational space on these pressing issues, and hopes that the PSA will encourage not just students but all other individuals to think more carefully before they speak or tweet these derogatory phrases.

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Alumni Asked & ANSWERED

WITH

Erica Viegas

BCom '06

Current Occupation: Singer-Songwriter, Communications Strategist.

What's the one piece of advice you'd give a current U of A student? Take the time to do new things; be involved in more than just academics.

Biggest life lesson learned on campus? Edo Japan can get you through anything!

Favourite U of A Tradition? Welcome week and all the free pancakes!

If you got one university do-over, what would it be? I would live in residence and be more involved in campus life.

What should all new grads know? A degree opens up lots of opportunities — not just in the field you studied. It shows you can follow through on commitments and that you're driven. A degree is of value to any employer and opens so many doors.



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ualberta.ca/alumni/students

Video game learning could be the next big step in education

Jennifer Polack
NEWS STAFF • @JENPOLACK

Move over, LeapFrog — the latest in video game education has students actually creating video games to help promote learning in a way that is not only engaging and educational, but genuinely fun.

The research basis is that, due to the interactive nature of video games, students will be able to learn otherwise complex subjects faster and in greater depth than they would in a traditional classroom setting.

Director for the Centre for Mathematics, Science and Technology Education (CMASTE) Bob Ritter stumbled upon this idea with the help of Mike Carbonaro, Associate Chair and Undergraduate Coordinator of Educational Psychology, who was on sabbatical in Italy at the time. When put into action, Ritter said the exercise not only challenged the roles of teachers and students, but completely reversed them.

"The whole idea is that teachers don't have to be an expert on the programming," he explained.

"What's so cool about it is that it doesn't take long to learn programming language ... it would be like learning real estate by playing Monopoly — except by creating the game, (students) are able to learn more and think creatively about the subject matter."

The operating system Ritter and Carbonaro used is Microsoft's Kodu, which employs pictures and some basic coding to create a world and characters for video games.

"It's really just putting pictures together. It's (also) Boolean logic, but (the students) are not aware they're using (it)," Ritter said.

One major advantage of learning various subjects by designing a



DAN MCKECHNIE

video game based around it is that this method encourages creative thought.

Using history as an example, Ritter explained that the project does not present the subject along a linear pathway, but instead explores the "what ifs?" of history.

"There's not one clear route to winning. (Students) begin to understand the problems and fears of history," he said.

When tested in two social studies classes, the method resulted in video games based on the underground railroad and the fur trade. But while creating these games can teach students about a wide variety of subject matter, it also showcases student behaviours that encourage teamwork, strategy and cooperation.

"It gave students an understanding about what was happening in the dynamics of why you collaborate, why you need to treat people properly," Ritter explained.

"The students really got that it wasn't about wars, it wasn't about

having the biggest army, it was about alliances that you could create, and mutual systems of support that actually allowed you to get ahead."

However, the project's potential shortfalls are a cause for concern, especially since it revolutionizes the teacher-student relationship.

"There are teachers who are going to be used to a different paradigm, who use multiple steps for maximum control, and they won't want to give that up," Ritter said.

"The teacher isn't the person with the knowledge — the students create the product, and they're not directed a whole lot while they're doing it."

The project is currently looking at students aged 12 and 13 in Edmonton Catholic schools, and so far the method has been well-received by students.

"If you ask students to build a video game, it's not a surprise that they're motivated to do it," Ritter said.

"I've never seen students so engaged in all my life."

EXECUTIVE DECISION

SU touts transparency, necessity as factors in decision to file judicial review for Lister

JUDGEMENT • CONTINUED FROM PAGE 1

The judicial review means the Court of Queen's Bench will look over the case and decide whether the U of A violated its own policies and rules in order to make the changes to Lister.

For a judicial review, the applicant — in this case, the Students' Union — needs to prove how the public body — the university — made a mistake.

■ **"We just wanted to make sure we were transparent about the whole situation ... We wanted to make sure the admin wasn't given carte blanche to abuse their power or suppress students."**

SAADIQ SUMAR
STUDENTS' UNION VICE-PRESIDENT (STUDENT LIFE)

SU Law Councillor Mario Babic expressed concerns in November that the SU executive had not properly presented facts to Students' Council.

At the time, he said although there may have been justified grounds for the pursuit of a

judicial review, those grounds were not elucidated to Council.

However, Babic told *The Gateway* in an email interview this week that, after a cursory reading of the documents, he believes the Students' Union has a strong argument.

"It is not a baseless claim by any means. I look forward to getting some free time to delve into the documents fully as to improve my understanding of the entire situation," he said.

Up until this week, the Students' Union has kept quiet about considering a judicial review, which according to a November interview with SU President Colten Yamagishi was to protect the university and not shed a negative light on the situation.

That has changed, now that a review has been officially filed.

"We just wanted to make sure we were transparent about the whole situation ... We wanted to make sure the admin wasn't given carte blanche to abuse their power or suppress students," Sumar explained.

"And it's not just about Lister students ... It's about protecting all of our students, and making sure that the university doesn't have the ability to just say, 'We're making these changes — deal with it.'"

Sumar said he has heard a lot of

negativity from students in Lister in the six months since the changes took place.

He also said he has been made aware of numerous situations with students in Lister that have been handled poorly by Residence Services recently, although he clarified many of these situations are hearsay.

"It's not really a good situation there. I don't want to use the term 'police state,' because that has very negative connotations to it, but you see a few underlying characteristics of that type of situation," he said.

"It just seems like what's happening there is wrong. And I think the way in which we as the SU executive are reacting is not just necessarily to what is going on in Lister, but how that could expand over the entire campus."

Although Sumar says the SU has not heard back from the university yet in regards to the judicial review, a statement obtained from U of A administration acknowledges the SU's actions.

"The university has received the SU's application for a judicial review and is reviewing it," the statement read.

"We will not be discussing this further publicly as the matter is in litigation."

Provincial exercise survey shows Albertans lacking physical activity

Michelle Mark
ONLINE REPORTER ▪ @MAMARKE

Although Albertans are gradually becoming more physically active, more than 40 per cent of them still need to go the extra mile, says a newly-released report from the University of Alberta's Centre for Active Living.

The 2013 Alberta Survey on Physical Activity found that even though 94 per cent of Albertans recognize physical activity will prevent them from developing certain health problems, only 59 per cent actually participate in enough physical activity to gain these advantages.

Christina Loitz, a U of A researcher and co-author of the report, said it was nice to see the numbers rise to 59 per cent from the 54 per cent in the 2011 version of the report, but added there are still actions Albertans can take to improve.

"The thing is, it's not significantly different, but it is still a positive trend," she said.

"Basically we've maintained our physical activity level as Albertans for the last 10 years, so that's a good thing knowing that our population has aged during that time."

The report surveyed more than 1,200 Albertans, and examined several factors involved in their reluctance to participate in physical activity, as well as indicating possible recommendations to boost the 59 per cent of those Albertans who are currently getting enough exercise.

Loitz said having a lack of

confidence was one of the main reasons explaining why Albertans have been avoiding physical activity, reasoning that people may become more resolute if they committed to making physical activity a regular habit.

"A lot of people that aren't active don't have confidence that they can be physically active when there's bad weather, or they're feeling tired, or they're in a bad mood," she said.

"We have a hard time coping with those situations."

"If there's bad weather outside, some people might throw in the towel and say, 'I'm not going to work out today,' whereas someone else might say, 'Oh, well maybe I'll go on the track in the rink and run around there instead of running outside today.' That would be an example of someone who had good coping mechanisms for things that they might not expect," she added.

The report also came up with several predictors of physical activity, noting the different sociodemographic, psychological and environmental causes that may help foresee Albertans' physical activity levels.

Of these, Loitz described age as one of the most important predictors of physical activity.

"We can predict that when you get older you're likely going to be less active than when you were younger," she said.

"There's lots of reasons that that can occur, but if we try to get physical activity to be a habit at the younger years, and they've (seen)

that over the mid-life time, we can maybe continue on that in the older adult age."

"So trying to make physical activity a part of your life as early on, and make it normal and culturally normal for you and the people around you might be one way to maintain physical activity levels."

Loitz clarified that the physical activity doesn't have to be exhausting, like playing sports or running a marathon — even activities like walking can contribute.

▪ "A lot of people that aren't active don't have confidence that they can be physically active when there's bad weather, or they're feeling tired, or they're in a bad mood."

CHRISTINA LOITZ
UNIVERSITY OF ALBERTA RESEARCHER

"You don't have to do the vigorous physical activity. Doing the three 10-minute bouts of walking a day, for example, you can easily accumulate more than 150 minutes of physical activity doing something as simple as that," she said.

"So if you park further away or you get off at maybe a different stop and walk for maybe a kilometre to work or to school and then a kilometre back, that can help you get your physical activity. It doesn't have to be hard."

events listings

- Walking With Our Sisters - Beading Session**

Jan. 16, 11 a.m. – 1 p.m.
North Powerplant – Aboriginal Student Council space
- Shouting in the Dark: Bahrain**

Jan. 17, 5 p.m. – 7 p.m.
Tory 1 91
- Medicine Centennial Launch**

Jan. 17, 1:30 p.m. – 3:30 p.m.
Bernard Snell Hall, Walter C. Mackenzie Health Sciences Centre
- Winter Term Registration Deadline**

Jan. 18
- Undergraduate Registrations Period For Auditing Winter Term Courses**

Jan. 21 – Jan. 25

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YIFENG LIU

Vaz-Oxlade money management speech hits home for students

MONEY • CONTINUED FROM PAGE 1

Vaz-Oxlade noted one of the biggest mistakes made by youths today is becoming disconnected from their money, and she suggested that using a spending journal to keep track of expenditures and eventually form a budget may help students gain more control over their finances.

"They have no idea how much money is coming in; they don't know how much money is going out or where it's going. If there's one thing I want people to do, I want them to reconnect with the money itself," she said.

"You know, you can go for coffee every day, but when you add it up is that actually where you want all that money to be going?"

Vaz-Oxlade has become renowned for her direct, often blunt advice heralded by the fans of her shows and books. Former U of A student Bridget Casey attributes much of her own personal financial success to Vaz-Oxlade's advice, having gained some notoriety in the Canadian personal finance community after chronicling her journey out of student debt in the blog "Money After Graduation."

Casey, a recruiter for the U of A's Faculty of Engineering, helped host Vaz-Oxlade's talk along with the Financial Aid Office, and said she

hopes the audience members will take some of Vaz-Oxlade's advice to heart.

"I love that Gail is just straightforward and honest about the situations, like if you're being dumb with your money, she tells you you're being dumb with your money, and she says, 'Stop being dumb with your money,'" Casey said.

"You can go for coffee every day, but when you add it up, is that actually where you want all that money to be going?"

GAIL VAZ-OXLADE
AUTHOR OF MONEY RULES

"She is really, genuinely interested in helping people with their finances ... she really feels that this early in your lifetime and early in your career is the best time to target people, because it sets you up for a solid financial future."

It's advice that Vaz-Oxlade has learned from firsthand experience, as a mother who got a slow start to her career in personal finances — first working as a corporate consultant, and then moving into writing.

"I got into money in a backdoor way ... I went into freelance writing, and I went from there. I quit everything, mucked out horses, and took care of my kids for a couple of years, and then TV came up in front of me," she said.

"Nobody is more shocked than I am, truly. Nobody is more surprised than I am at the success of the show. And I knew it after season one," she said.

"Thirteen episodes is six and a half hours. In six and a half hours of television, I reached more people than in 15 years of writing."

Now, Vaz-Oxlade has dedicated herself to spreading the word and reaching out to as many people as she can, although she recognizes she can't succeed on her own.

"I can't possibly reach everyone, and so ultimately, all the people here that were convinced of something — I want them to reach out and touch one other person and tell them about it."

It's a message that hit home for many of those who attended her talk. When asked about the responses she had received from the students in the audience, Vaz-Oxlade grinned.

"They think I'm fucking funny. That's what they said. They can't believe how fucking funny I am."

for the warrant.

The Edmonton police attended, and upon searching the male's backpack they found numerous stolen electronic items within.

The male was issued a ticket for jaywalking, and was taken into custody by EPS.

DRIVING FAUX PAS

At 9:15 p.m. on Jan. 5, a UAPS officer observed a vehicle making an illegal U-turn on 112 Street and 87 Avenue.

A traffic stop was conducted, and the driver was determined to have no subsisting license as well as more than \$5,000 in outstanding traffic fines.

The driver was issued provincial tags for the illegal U-turn and failure to possess a valid license.

The female passenger of the vehicle, who had a valid license, was allowed to drive instead.

pornographic material.

Upon attending, officers were able to determine he had 15 browser windows of pornography open.

The male was identified as a current graduate student, and Code of Student Behaviour charges are pending.

CAUGHT RED-HANDED

At 4:55 a.m. on Jan. 5, a UAPS officer observed a male jaywalking on 114 Street in a manner that disrupted traffic.

When identified, it was discovered he had an outstanding provincial warrant. He was placed under arrest for trespassing and

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COMPILED BY **April Hudson**

THE USUAL SUSPECTS

At 8:15 a.m. on Jan. 2, university staff in the Medical Sciences Building returned from winter closure to find a computer and numerous computer accessories stolen from an open area on one of the floors.

There are no suspects or witnesses, and the investigation has since been turned over to EPS.

LIBRARY THRILLS

At 2:10 p.m. on Jan. 3, a student using the computers in Cameron Library reported that a male was using the computers to view

One million books to be removed from U-Saskatchewan libraries

Anna-Lilja Dawson
THE SHEAF (UNIVERSITY OF SASKATCHEWAN)

SASKATOON (CUP) — More than one million hard-copy books are set to be removed from University of Saskatchewan libraries in the coming years.

The move, which will wipe the shelves at four of the seven campus libraries, is the third phase in the library's long-term plan to become efficient in the digital age.

This third phase follows phases of renovations that included the major renewal of the Murray Library and the addition of the University Learning Centre and Learning Commons, which nearly doubled student learning areas and service spaces in the Murray Library.

The removal of the 1.1 million books will begin with the Veterinary Medicine Library in September 2013, followed by the Engineering Library in 2014. Both the Law Library and the Education and Music Library will be gutted at an undetermined later date.

The remaining books will create a three-branch collection in the main Murray Library, the Leslie and Irene Dubé Health Sciences Library, set to open in the spring of 2013, and

the soon-to-be renamed Sciences Library, currently the Natural Sciences Library in the Geology Building.

According to the official planning document, the number of books students have been taking out has dropped 42 per cent in the past decade.

“With the way electronic resources are going, libraries are becoming more similar to each other except for their archives and special collections.”

KEN LADD
ASSOCIATE DEAN, U OF S LIBRARY

The university acquired 1.6 million books from 2008 and years previous. Of those books, 1.1 million have been deemed suitable for disposal or storage.

Books that are moved into the high-density storage facility will be available for students to read upon request in a provided location.

Ken Ladd, associate dean of the U of S Library and co-author of the planning document, told the Saska-

toon *Star Phoenix* that most universities are revamping their libraries with a shift towards a more digital book collection. The goal for most facilities, he said, is to decrease book space by at least 20 to 30 per cent.

Despite the strategic move away from the printed copy, Vicki Williamson, dean of the U of S Library, told the *Star Phoenix* that visits to the Murray Library skyrocketed since the renovations three years ago.

This space will be used to create a classroom, a reading room, graduate student commons, additional space for special collections and archives and a digitization centre where resources can be made easily available beyond the U of S community.

Ladd told *On Campus News* that the third and current phase of the plan will help define the university's library by allotting new space for archives and special collections.

“With the way electronic resources are going, libraries are becoming more similar to each other except for their archives and special collections. These, as well as service and facilities, are what makes libraries unique from each other,” he said.

The planning document describes the amount of books to be removed as equal to 32 km of bookshelves.

news briefs

COMPILED BY April Hudson

ALTERNATIVE MEDICINE USE HIGH IN CHILDREN WITH CHRONIC CONDITIONS

Children with chronic medical conditions are much more likely to use alternative medicine, according to new research coming out of the University of Alberta's Faculty of Medicine and Dentistry.

Sunita Vohra, who works in pediatrics out of the Edmonton Clinic Health Academy, was the lead researcher for the group that spearheaded this study, in collaboration with the University of Ottawa.

The findings showed 71 per cent of children suffering from chronic conditions at clinics such as the Stollery Children's Hospital in Edmonton used alternative medicine.

At the Children's Hospital of Eastern Ontario in Ottawa, that figure was 42 per cent.

According to a news article from the University of Alberta, Vohra said the study “identified a gap in communications” in dealing with pediatric patients and their families.

The article also said 926

families from 10 clinics in Edmonton and Ottawa were surveyed in total for the study, through an anonymous questionnaire in the waiting room.

NARWHALS CHAMPION THE LATEST YEAR OF ANTIFREEZE

AntiFreeze 2013 wrapped up last week after five days of well-attended events and competitions, with The Narwhals emerging at the top as the overall winners.

Saadq Sumar, the Students' Union's Vice-President (Student Life), said some of the events were newer and this year was a sort of test stage for them.

“Some of them might not have gone the way we expected, but everyone overall had a ton of fun,” he said.

“I'd say AntiFreeze was a huge success. I think every single student who participated won, because they all made connections, their teams got a lot closer and because of the Twitter competition there was a lot of camaraderie. It was great to see.”

The week-long event saw more than 200 students on campus take part, with nearly 20 teams in total competing for a variety of prizes.

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EDITORIAL COMMENT

An open letter to the Students' Union

“THERE'S NO SUCH THING AS UNBIASED JOURNALISM.”

This is one of the most hotly-debated topics among news journalists. Sometimes, biased journalism is easy to detect; sometimes, journalism is simply called biased because the reader doesn't like seeing both sides of an issue. *The Gateway* is no stranger to controversy. Our reputation has, over the past century, taken a beating for being too one-sided, too petty and too opinionated.

There exists an inherent trust between good news media, the individuals they interview and the audience they write for. Sometimes that trust is broken — and when that happens, it's everyone's responsibility to ensure a correction is written and mistakes are recognized. This de facto contract between writer, source and reader is one of the most important tenets of journalism, the absence of which results in tabloids with aliens splashed across the cover and sensationalist headlines.

This year, *The Gateway* has received criticism from many members of the Students' Union for its coverage of important student issues — namely, changes made to Lister Hall over the summer. I, as News Editor, am writing this open letter as a reminder to the SU, university administration and the general student body of the cordial relationship that must be fostered between student media and its stakeholders in order to ensure fair and accurate coverage of issues like this.

This is not the first time student organizations have received “bad press” for something they have done. The history of *Gateway* news coverage has been one exposing shocking information about student groups and mistakes made by the Students' Union. It has also been one that celebrates student successes, holds the university administration accountable and keeps the campus community informed about the most pressing issues and events at the University of Alberta.

What's tricky is when an interviewee lies, withholds information or refuses to talk about an issue. When that person facilitates further withholding of information by others, it is the mandate of the responsible news writer to investigate. *Gateway* News is designed to serve students first and foremost, and this includes holding accountable all governing bodies and organizations.

The university administration is often called out by students — particularly the SU, for a lack of transparency. This year, the SU has found their positions reversed: *in camera* sessions of Students' Council and refusal to discuss important issues including a judicial review, finances and what transpired in past meetings with the university have resulted in the release of news articles letting students know what we know and what has been kept from us. Not all of it has portrayed the SU in a good light, leading to some demonization of *The Gateway*.

The issue lies in the nature of *Gateway* coverage. As an autonomous body, we are not a PR publication, and we exist to bring important issues to the forefront of student awareness — no matter whose feelings it hurts. *The Gateway* works the way newspapers usually work: there are separate sections run by separate people, and it's important to note the distinction between them — particularly between News and Opinion. News exists to provide facts and report on both sides of an issue, regardless of the writer's opinion. Opinion exists to engage the audience, provoke a reaction and provide a different perspective. When News reports on an issue and Opinion runs an article or editorial on the same issue, it is easier to mistakenly assume bias on the part of the news writer.

This is the danger of good journalism: all it takes is one person, disgruntled by not having their praises sung in an opinion article, to decry a news article or writer as unfair. This is a news writer's nightmare.

There are many bad reporters who still get published. However, it is important to distinguish bad reporting from simply reporting on something bad: the latter is a necessity of good, fair journalism, even if it sometimes gives us a bad reputation. *The Gateway's* willingness to pursue the story behind Lister distinguishes us as a responsible body, even if it opens the doors for criticism from the SU.

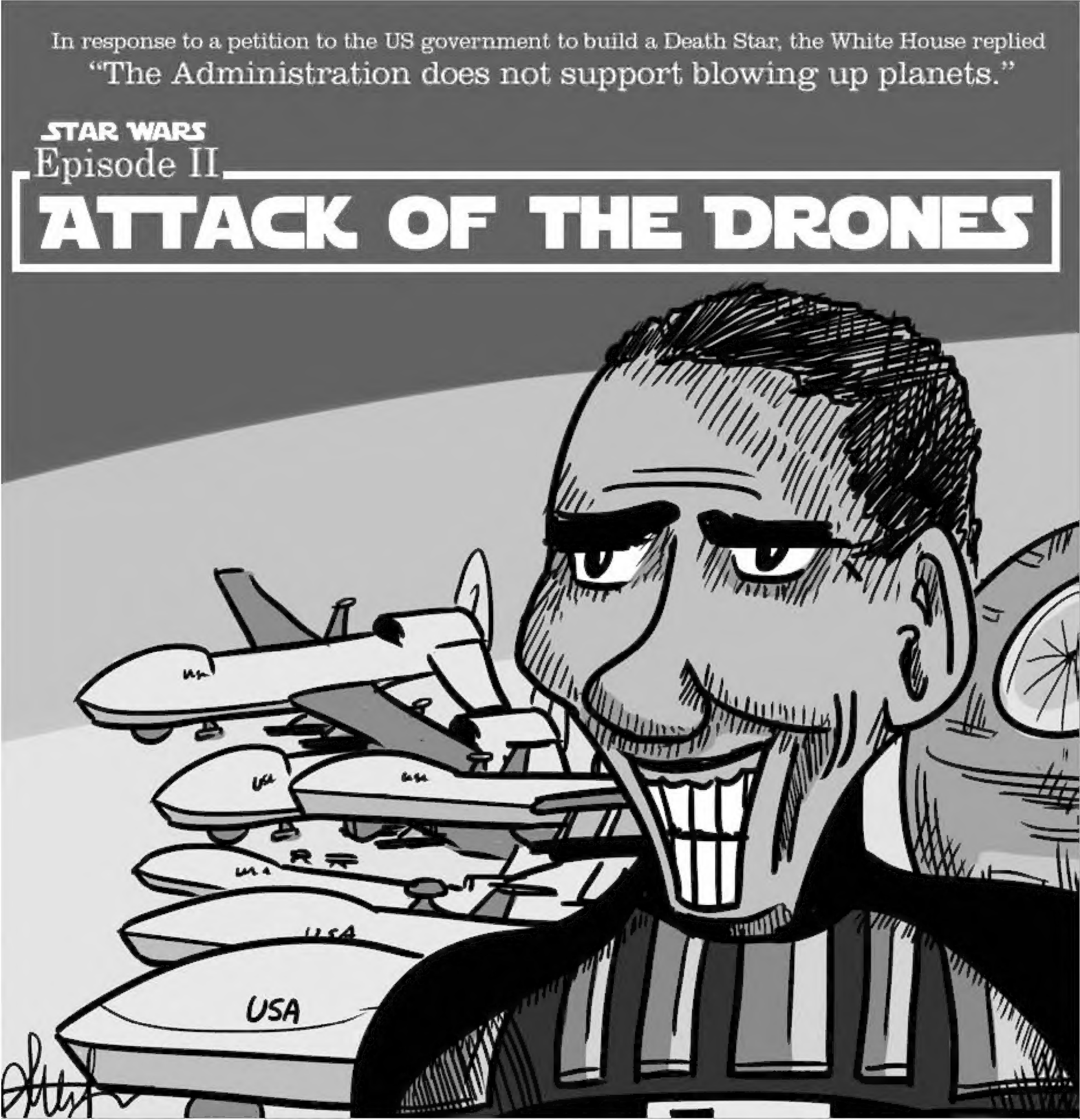
Nobody likes being called out publicly on actions they have taken. However, this is the balance one must embrace when taking on a leadership role. *The Gateway* has called out the university many times for actions they have taken. In the interest of fair journalism, we must do the same for the SU — and for groups whose decisions affect students.

The point? We are not the bad guys. As students and leaders you make mistakes; as journalists, so do we — it's the nature of humanity. There are always courses of action to rectify those mistakes. If we misquote you, let us know. If we write a skewed news article or do something unethical, you as our stakeholders have every right to call us out on it.

Likewise, the News section will track the ripple effect from choices you make. We will interview people you don't like, whose opinions you don't respect or with whom you are in open conflict. This is our right and responsibility. This does not mean we are out to destroy you. How should you deal with it? Well, it's easy — talk to us.

The same goes for everyone on campus. Did something great happen? Tell us. Are you excited about an event? I might be able to cover it. Something bad happened? Come forward. My job is to help.

April Hudson
NEWS EDITOR



letters to the editor

FROM THE WEB

Dekes should be deeply ashamed of themselves

(Re: “*Deke Aboriginal appropriation crosses the line*,” by Alana Willerton, Dec. 5)

I think this is an important opinion piece because it underlines the fact that cultural appropriation and the denigration of Aboriginal culture seem to be deeply intertwined. When people argue vehemently against political correctness, I have to wonder if they really understand that they are defending the already-predominant right of the majority to (mis)characterize the perspective, opinion, culture etc. of a marginalized group which enjoys neither the right to self-representation, nor equal access to political, social, and economic opportunities. I think Alana is correct in pointing out that DKE's sexualization of Navajo culture, and the misogyny inherent in the use of the term “hoes,” is deeply disturbing, and exposes the fact that either the people organizing the event at DKE are unaware of the ongoing sexual exploitation and abuse of Aboriginal women, or, worse, believe this is a factor that does not merit a revision of their rhetoric.

The fact that this did not concern anyone at DKE is very sad, and points to the fact that, as a culture, our understanding of and sensitivity to Aboriginal issues is woefully inadequate. You have to be incredibly naive to believe that rhetoric does not influence

and inform how we think of the world around us. Just because this particular instance of cultural insensitivity was expressed in something as seemingly petty as a party theme does not preclude it from criticism.

Michele
VIA WEB

Yamagishi not speaking for all U of A students

(Re: “*SU files for judicial review against University of Alberta*,” by April Hudson, Jan. 14)

Colten, that is not the point. Lister Hall is only 6% of the student population. Putting your other promises “on the back burner” is absolute bullshit, as that is what you promised 30,000 students; not 1800. Lister Hall is the University of Alberta's building. I think you should consider that before you try and fight what they have done with it. At the end of the day, the LHSA is a student group.

Why don't people understand that? If you were actually concerned about the “student voice” at the University, you would ask students what they want done with their money and not go spending it on causes that more than 90% of your students aren't involved in. I live in Lister, and have for many years.... but this needs to stop. If you want to be a voice for the students, then actually listen to them.

“Colten...open your eyes”
VIA WEB

Fighting for students is not a waste of money

(Re: “*SU files for judicial review against University of Alberta*,” by April Hudson, Jan. 14)

“And it's not just about Lister students ... It's about protecting all of our students, and making sure that the university doesn't have the ability to just say, ‘We're making these changes — deal with it.’”

It's not just about direct impact it is also about the principle.

As for the numbers: Lister is closer to 1800 students if you want to ignore the former residents who feel passionately about this issue and any student who would like the university to listen to its students more.

1800 is about six per cent of the undergraduate population. The SU works with at least a 1.5 million dollar budget, six per cent of that is 90000. So in the most basic sense you could say Lister residents are entitled to 90,000 of the budget directly benefiting them.

I'm pretty sure SU budget meetings, but I can't remember, revealed not even half of that was ready to be allotted to legal fees for this issue. Its unfortunate that SU money will need to be spent but if you think its a waste to fight for the student voice then you probably aren't the type of person to take advantage of SU programming or services anyways so you'll be okay.

“High Priest Kony Mongoose”
VIA WEB




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TENTATIVE AGENDA

1) Introductory remarks

2) Election of two volunteer representatives to represent volunteers for the Editor-in-Chief hiring board on February 2nd

3) Election of three volunteer representatives to represent volunteers for the Line Editor hiring board on March 2nd

4) Review and approval of bylaw changes proposed by GSJS Board of Directors

5) Refreshments

All members (ie. those who have made five or more contributions in the last 365 days before March 29 and have opted in with a Gateway editor) are asked to attend. Those who qualify and would like to become a member, please contact the Editor-in-Chief at eic@gateway.ualberta.ca. This meeting is also open to the public.

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Continued hunger strike kills the meaning behind the cause



Darcy Ropchan
OPINION EDITOR

Chief Theresa Spence has become one of the most polarizing figure in Canada over the past several weeks. Love her or hate her, she has become tied to the Idle No More movement, and her hunger strike continues to unnecessarily dominate the news.

Although there is absolutely no question that major work needs to be done in terms of the federal government protecting the rights of First Nations people in Canada and that Spence's hunger strike may have started out with good intentions, her recent actions have shown that she is unwilling to negotiate and in the current situation, she appears to be solely pursuing her own interest.

Spence's liquid-only diet started Dec. 11 as a way to bring attention to the deplorable conditions of Attawapiskat and other reservations across Canada, as well as the disregard for treaty and land rights by the federal government. Her goal was to seek an audience with the Prime Minister as a way to have a serious, open dialogue and produce much needed change.

Although the goals are similar, the Idle No More movement started around the same time with four other female activists who oppose bill C-45 and wanted to start a grassroots campaign to fight it. Unfortunately, Spence has also become associated with the movement, despite having nothing to do with its origins.

Hunger strikes are a powerful way to get your message heard — and Spence was heard. She wanted a meeting with Harper, which was granted on Jan. 11, with Minister of Aboriginal Affairs John Duncan and a collection of First Nation Leaders also in attendance. Despite getting what she wanted, Spence rejected the meeting because Governor General David Johnston would not be in at-



SUPPLIED

tendence — even though Johnston's role is a completely ceremonial representation of Canada's former ties to the British Monarchy.

The fact that Spence was able to get what she initially wanted, yet changed her mind and made more demands at the last minute, proves that she has no place as a voice and activist for First Nations' rights in Canada. Although it may be symbolically important that Johnston attend the meeting, his attendance means nothing in reality.

Harper made a necessary concession when he agreed to this meeting, and Spence had the chance to end her hunger strike and accomplish her goal, but instead she now looks like nothing more than someone out for attention and publicity. The increased focus on Spence and her hunger strike is taking away

important focus on the real causes and concerns behind the Idle No More movement.

Spence's continued liquid-only diet twists both Harper and Johnston's arms in an unreasonable way. They already agreed to meetings with Spence and other First Nations leaders. They should feel no obligation to give in to Spence's vague, changing demands.

Spence's selfish hunger strike and demands for media attention should not detract from the true meaning behind Idle No More and similar protests.

It should always be remembered that the federal government must do more to protect the rights of First Nations peoples and their land and treaty rights in this country. Spence on the other hand, should be ignored.

#3LF

three lines free

Got something that you need to get off your mind? Either email us at threelinesfree@gateway.ualberta.ca, tweet @threelinesfree, or message us at www.thegatewayonline.ca/threelinesfree

Hey Emerson, remember that time we won AntiFreeze?
Please let me molest you, Darcy Ropchan. You are perfect.
I'd like to be best friends with the Sam Gagner twin.
Gorgeous girl with jet-black hair in HIST 295: Next class I'm gonna start a conversation with you using an awkward, contrived line. It will be uncomfortable for both of us. You'll just have to deal with it.
Butts
ISSS academic portfolio thinks they are the best? Pssh who are they kidding? Services is where it's at.
Marcella I miss you
Pineal gland
I absolutely loath te gym and pool in January... too many fucking resolution people in the way. Just give up now and get outta my way!
Bazinga
I like chicken, I like liver
Meow mix, meow mix
Please deliver
Is it a crisis or a boring change?
updog

Hey assholes in HUB at 1:30am: If I have to shut my living room window because I can hear you from the other side of the unit maybe you should SHUT THE FUCK UP AND GO HOME.
Never in limerence,
Voyeurism is plenty,
Happily forlorn.
I believe in Sherlock Holmes.
I owe you a fall. -Jim Moriarty
Richard Brook was fake.
The game is still afoot. -SH
Don't believe the Lies. -Watson's warriors
uvula
Dudes on the roof. Oh yeah! Dudes on the roof. What are they doing up there?
Of Course.
I had a craaaaaaazy weekend.
dicks
Don't look at me that way. If you're not old I'm not giving up my seat on the front of the bus for you.
I come from a world you may not understand.
Sup?

Three lines are free. But Four is gonna cost ya.
Modern Seinfeld is the best Twitter account there ever was.
What the fuck do you want from me? You are crazy.
I haven't had a decent nights sleep in forever.
Things are looking pretty dead around
How come Kassem G never updates anymore? I need something to watch when I'm bored.
Just doin' nothing
I havent #yoloed in a very long time
Ughhhh when is this year going to be over
The Gateway reserves the right to refuse publication of any 3LF submission it deems racist, sexist, libellous, homophobic or otherwise hateful in nature. And as always, we are completely out of 3LF submissions. Help us out and get writing. They don't have to be that long or even make sense, just send em' in and we'll most likely print it them.



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3-D printing creates cache of concerns



Hannah Madsen
OPINION WRITER

The aftermath of the shooting at Sandy Hook Elementary School in Connecticut has brought renewed attention to the issue of gun control in the United States, but advances in three-dimensional printing technology have created a new cause for concern in the form of 3-D gun printing. 3-D printing allows anyone who has a 3-D printer and spools of plastic filament — the equivalent of conventional ink cartridges that are used in printers today — to print off an object they have a blueprint for. Although these technological advancements are nothing short of amazing, the problems and lack of regulation involving anyone with access to working gun parts is quite alarming.

3-D printers were originally invented in the 1980s by Charles Hull, the founder of 3-D Systems — a company that manufactures stereolithography machines. The technology advanced further every year, from the invention of a 3-D printer that could print approximately 50 per cent of its own parts in 2008 to the production of a car in 2010 produced by one gigantic 3-D printer. More recently the technology has been improved to the point where 3-D printers are affordable and available to everyone. The cheapest low-end 3-D printer is available for approximately \$500, and higher-end models are only a few thousand dollars more.

Moving beyond cars and mechanical parts, though, 3-D printers have a new application: printing gun parts, which can then be assembled into working devices. Defense Distributed, an organization based in Austin, TX, has become an intensely active advocate for open-source gun blueprints, arguing that anyone should be able to print off their own — in an attempt to show how useless a ban on assault rifles would be.

• **Although personal freedoms should never be ignored, gun control and trying to prevent violence is about contributing to the greater public safety.**

Their project, called “Wiki Weapon,” involves both the development of a blueprint for a 3-D gun and also the creation of a database for 3-D gun blueprints which will be open to the public. In July of last year, YouTube user HaveBlue used a 3-D printer to print off a lower receiver, the portion of a gun that is regulated by the government and technically classified as a firearm, and purchased the rest of the components, assembling and conducting a firing test with the weapon. HaveBlue was allegedly able to fire more than 200 rounds with their weapon, which is a pretty terrifying thought.

Even though personal freedoms should never be ignored, gun control and trying to prevent violence is about contributing to the greater

public safety, Defense Distributed’s almost ignorant support of 3D gun part printing shows a cold indifference to the safety of individuals — especially in the wake of the high profile mass shootings that took place in the US in 2012.

So now that 3-D printers are commercially available, the real question concerns how they’re regulated. As online piracy and files sharing over the internet have shown us, there really isn’t a reliable form of data control. The best way to control the use of 3-D printers is to control production of the printers themselves, but the companies that manufacture them are in no hurry to do so.

Admittedly it’s still a bit pricey to purchase and use a 3-D printer, and the objects printed by them aren’t consistently reliable, but it’s becoming very clear that within the next couple of years 3-D printing will have progressed to the point where guns can be produced in the average homeowner’s office, as 3-D printers become less expensive and the pool of 3-D blueprints grows.

This should be a major cause for alarm. With deadly firearms potentially available to anyone with 3-D printer access creates a whole new problem for gun regulation. Regulation of 3-D printing or printing technology seems like the best route to go in order to ensure that guns do not end up in the wrong hand, yet government regulation of 3-D printing seems far off. The onus should be on citizens to do their part to contribute to overall public safety. The issue of 3-D gun printing isn’t about civil liberties and the right to bare arms; it’s about preventing mass shootings and tragedies.

LETTERS • CONTINUED FROM PAGE 9

Move on and focus on the majority of students

(Re: “SU files for judicial review against University of Alberta,” by April Hudson, Jan. 14)

Yeah right. What a complete joke. I call B.S. This has absolutely nothing to do with protecting all UofA students and everything to do with a vendetta regarding Lister. This is clearly only about Lister. The SU has already spent way too much time on this and made it into a much bigger issue than it should have been. And now that the changes have been in place for a while and the sky didn’t fall instead of moving on to other important issues they continue to waste time on this. What a complete contradiction for the SU to say they are suing the university in the name of protecting students when the University clearly made these changes for no other reason than to protect students.

Its time for the SU Exec to move on and by move on I mean move out and stop wasting time and students money on this. Stop lying about the real reason why you are doing this. It is insulting to the other 94 per cent of students. If this was really about all UofA students then you why didn’t you pick a more important “issue” that actually represents a much larger majority of students. Thanks for wasting my money SU

“i_want_a_refund”
VIA WEB

Legal fees a waste of student money

(Re: “SU files for judicial review against University of Alberta,” by April Hudson, Jan. 14)

Great. Both sides legal fees come out of the pockets of students. Lister

was a disease filled hell hole. It needed to change. Where was the SU when change was needed? Someone had to change something. This isn’t the hill to die on SU.

“Johnny”
VIA WEB

Lister is an issue that is worth fighting about

(Re: “SU files for judicial review against University of Alberta,” by April Hudson, Jan. 14)

Thanks SU for not simply backing down from this issue. The University administration advocates working with its students while simultaneously ignoring them. It’s sad when they will only respond when it’s convenient for them or if they feel they have something to gain. I’m happy with who’s actually representing us

“Sean”
VIA WEB

Lister important part of U of A community

(Re: “SU files for judicial review against University of Alberta,” by April Hudson, Jan. 14)

For those students complaining about the SU decision remember this...Lister students are just as much apart of the University community as the rest of you. Even if Lister students are a minority we want the SU to listen and act on our concerns as well

Thank you SU!

“minority groups”
VIA WEB

Letters to the editor should be sent to letters@gateway.ualberta.ca. The Gateway reserves the right to edit letters for length and clarity, and to refuse publication of any letter.

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DAN MCKECHNIE

Nice guys deserve to finish last

Women don't owe "nice guys" anything and the friend-zone is a meaningless term



Ryan Bromsgrove
EDITOR-IN-CHIEF

This is an open letter to all the self-described "nice guys" out there, and one that I can sum up in three words: knock it off.

You know the type. They're always that shoulder to cry on. They're always there to listen. Their heart is five sizes bigger than other guys', but gosh darnit they always end up in the dreaded "friend-zone" because girls are dumb and only date assholes. These guys then complain about how much of a bitch that girl is for not reciprocating their feelings. We all know at least a few people who seem to be stuck in the zone.

No. Just no. The "friend-zone" is nothing but an invention of the nice guy to explain why he doesn't get the sex he feels he's entitled to just by knowing a girl. Unfortunately, what these nice guys don't understand is that you're not actually entitled to coitus. In order to embark upon the adventure of having a sexual relationship with a partner, it's not enough to just be nice. You also need to be sexually attractive to that person and your personalities have to click on a deeper level than simply "I keep bringing you roses —

why aren't we fucking?"

Basically, what you need to understand is that girls are more than simply objects you're entitled to fuck after meeting a certain degree of niceness. You don't get to just fill in a checklist.

Bought her dinner? Check. Listened to her complain about her ex? Check. Held her hair while she drunk-vomited all over your car? Check. Achievement Unlocked: Right to Fuck.

What you need to understand is that women are human beings capable of deciding for themselves who they're going to have sex with. You're not trapped in the "friend-zone" — like having a friend is such a terrible thing anyway — you're just not compatible enough with the girl for a relationship. And that's just for now, too. There are plenty of times when good friends turn into something more.

And you know what, if you really, truly are a nice guy, and you've been there for some girl for all her life, and she does, genuinely exclusively date bona-fide assholes, then her judgement sucks and she actually does not deserve you.

But that's giving most of these "nice guys" way too much credit. Thanks to the Nice Guys of OKCupid Tumblr, we can actually get a glimpse into the minds of these poor, misunderstood gentlemen. These absolute gems complain about girls never sleeping with them despite how nice

they are, while also espousing such opinions as yes, women must always shave, and yes, there are situations where a woman is obligated to have sex with you.

In order to embark upon the adventure of having a sexual relationship with a partner, it's not enough to just be nice. You also need to be sexually attractive to that person and your personalities have to click on a deeper level than simply "I keep bringing you roses — why aren't we fucking?"

If you're a nice guy permanently stuck in the friend-zone, take a good hard look at yourself and your attitude towards women. The problem is not that women won't date you; the problem is that you are a misogynistic human being hiding behind an invented excuse as to why you aren't getting sex you feel entitled to.

And if a woman wants to be your friend despite your dehumanizing opinion of her, count yourself lucky.

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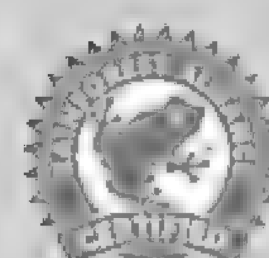
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the marble pedestal

Feature: Restaurants

Getting the McDonald's coupon book in my mailbox is better than opening presents on Christmas morning. Its glossy pages with photos depicting delectable hamburgers and fries make it the greatest book ever produced. That's why it's being placed high upon the Marble Pedestal this week.

For those who are unaware, the McDonald's coupon book contains \$46 worth of savings — but to me, it's priceless. It's no secret that McDonald's is the greatest restaurant in the world. The name is synonymous with delicious, high

quality food. The Mac shack has given us so much, but they spread the wealth even further with this wonderful book of savings.

Some don't like McDonalds and will tell you that it's not good to eat there. But with the daily stress of work and school, planning meals can be a hassle. Nobody has time to prepare a healthy meal for themselves or their family these days. McDonalds tries to offer some relief by providing us with a way to feed our families. And I'm pretty sure their grub falls into all the major food group categories. How can anyone hate a restaurant that's just trying to help us out?

All good things must come to an end — the coupons expire at the end of the month. But that's just more incentive to eat there every

day rather than letting those coupons go to waste. McDonald's is doing a wonderful thing by offering this financial relief. The least we can do is hold our burgers and Egg McMuffins up high and thank McDonald's for offering us their ambrosia-like food at an even more reasonable price.

The Marble Pedestal is a semi-regular feature where someone or something is placed on high and praised for how wonderful it is. See, were not just negative all the time. We like things too.

We don't actually have a real marble pedestal — that would be pretty expensive. Plus, how would you actually put things up there, and how long do you leave them up? So many questions.



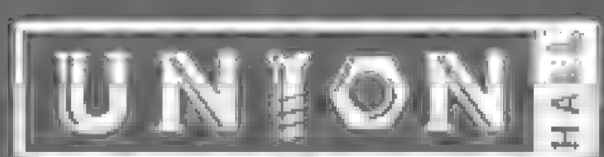
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Keep all your germs to yourself



Sophie Isbister
CUP-THE OTHER PRESS

There are a lot of things to worry about at the beginning of any new semester, but winter poses particular challenges for students. Challenges that, according to my cursory field research, the average student is grossly incapable of facing head-on. Challenges like the flu and its less viral cousin, the common cold, both of which are making their evil, contagious way across the Canadian wilderness. Full-blown cold and flu season: coming soon to a classroom or bus near you. Why do I claim that students can't cope? Because I see the same gross things every day.

People on the buses and trains sneeze right into my face. People at school cough all over the public computers, their germey mouth-spray infecting keyboards that countless other students have to use. Students walking the halls like zombies or plague victims, their glazed eyes darting back and forth, their feverish skin glowing like a beacon that screams "Infected! Infected!"

The CBC reported Jan. 3 that a new strain of flu, which broke out over the holidays, is seeing increased cases in metropolitan areas of Canada. Health Canada says there are 15 times the number of cases from last year. Virus rates are up, but the CBC says the peak is yet to come. They report that in two to three weeks, even more people across Canada will be hit by this particular flu. Like most strains of influenza, the one hitting Canada right now (the elegantly named H3N2 subtype) affects the most vulnerable members of our population: the elderly and infants under one year of age. But that doesn't



EW GROSS If you're sick just stay at home and save everyone else. SELENA PHILLIPS-BOYLE

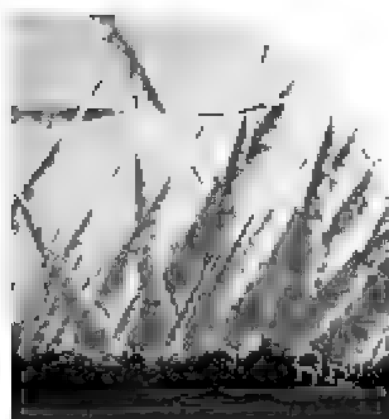
mean students can't or shouldn't do their part. The use of vaccines in controlling virus outbreaks, while controversial among some people, is well-documented and endorsed by public health officials. It's not too late to get your vaccine if you haven't already got the flu.

While it might be tempting to play through the pain and take your cold or flu to school for show-and-tell, we would all prefer that you didn't, thanks. Even instructors would rather you stay at home; I have yet to see one course outline that doesn't excuse absences for a medical reason. So, fellow students, between now and that dreaded peak flu time, let's all make a greater effort to follow some basic winter disease etiquette.

For starters, just stay home. I know not everyone can afford to take time off work, but if you can, for the sake of my health, please do. Secondly, if you must venture into the world, know where to cough and sneeze: no coughing on other people, books, desks, LRT poles or your hand. The best place to cough is in the crook of your arm. The best way to wash your hands is with soap and warm water, and for at least 15 seconds, according to Health Canada. The best place to put a soiled Kleenex is in the garbage, immediately.

Where's the best place to put yourself when you come down with the cold or flu? That would be at home, in bed, with a healthy dose of chicken soup and Netflix

The wealthy have no moral obligation to us



Edward Dodd
CUP-THE CARILLON

I feel like noblesse oblige is a poor excuse for a social program.

However, "socially responsible capitalism" is essentially just that. The idea is that because huge corporations and rich CEOs have tremendous power and wealth, they have an obligation to pay for things that the "little people" need. In the context of the university, it's the belief that corporations that benefit from a well-educated population should charitably reinvest some of the increased earnings they make from having an educated workforce into the university. In the context of everything else, it means increasingly cash-strapped governments are looking for new ways to offload responsibilities that they have to someone else.

Along with this idea is the concept that corporations need to do what is best for the planet, meaning that they will still participate in capitalism, but in doing so they will also look to offset their negative impact on the environment by taking other actions that are positive. When combined, corporations are encouraged to act in a way that is good for people and good for the

planet, but still good for profit. It's the classic definition of a win-win situation.

People, planet, profit is a great idea in theory, but the way it's envisioned among many people leaves something to be desired. In many scenarios, corporations are expected to feel some sort of duty to be socially responsible. Along with this is the inherent belief that placing social issues in corporate hands is a good idea because, you know, the private sector is just better than the government and would never act in its own private interest.

"Socially responsible capitalism also ignores the fact that corporations can walk away from these 'duties' any time they want."

Going to the corporations to fund things that are valuable to society, such as a university, because they benefit from the graduates is a lazy approach. We should actually be putting our efforts into electing people that understand the value of taxation in wealth redistribution. The university should not have to go begging to corporations and appealing to their "duty" as business to help everyone else. There should be a structure in

place to provide this service that is not at the beck and call of corporate interests. In theory, the government, since the people supposedly control it, should be that body.

Socially responsible capitalism also ignores the fact that corporations can walk away from these "duties" any time they want. Sure, it's fine for corporations to work now to do things that are good for the environment, but in the future it seems unlikely that a dedication to the environment or social justice will stand in the way of maximizing profits. It never has before. And if they really felt a "duty" to society, they would be more than happy to pay higher taxes.

I do not have a problem with people being rich or making money. I do, however, have a problem when it's suggested that we should trust those people to do things for society out of the goodness of their hearts. The role of the government is to make sure wealth is redistributed among poorer segments of society, leaving social spending such as university funding or environmental policy, to corporate entities with the belief that they will feel some sort of noblesse oblige is a questionable practice at best.

We already have the tools to bring about a more fair system; we just need to make sure that we are electing people that know how to use them.

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JANUARY 18, 11:59PM
Deadline for course changes using Bear Tracks

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Class web registration eligibility

- > Classes closed to web registration require consent of the Department.
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- > Campus offices are not open after regular business hours.

BEAR TRACKS HOURS OF OPERATION

- > Sunday through Friday: 6am to 2am (MST)
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Note: Appeals for registration changes after the deadline will not be considered.

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A HISTORY OF *THE GATEWAY'S* AUTONOMY CAMPAIGN

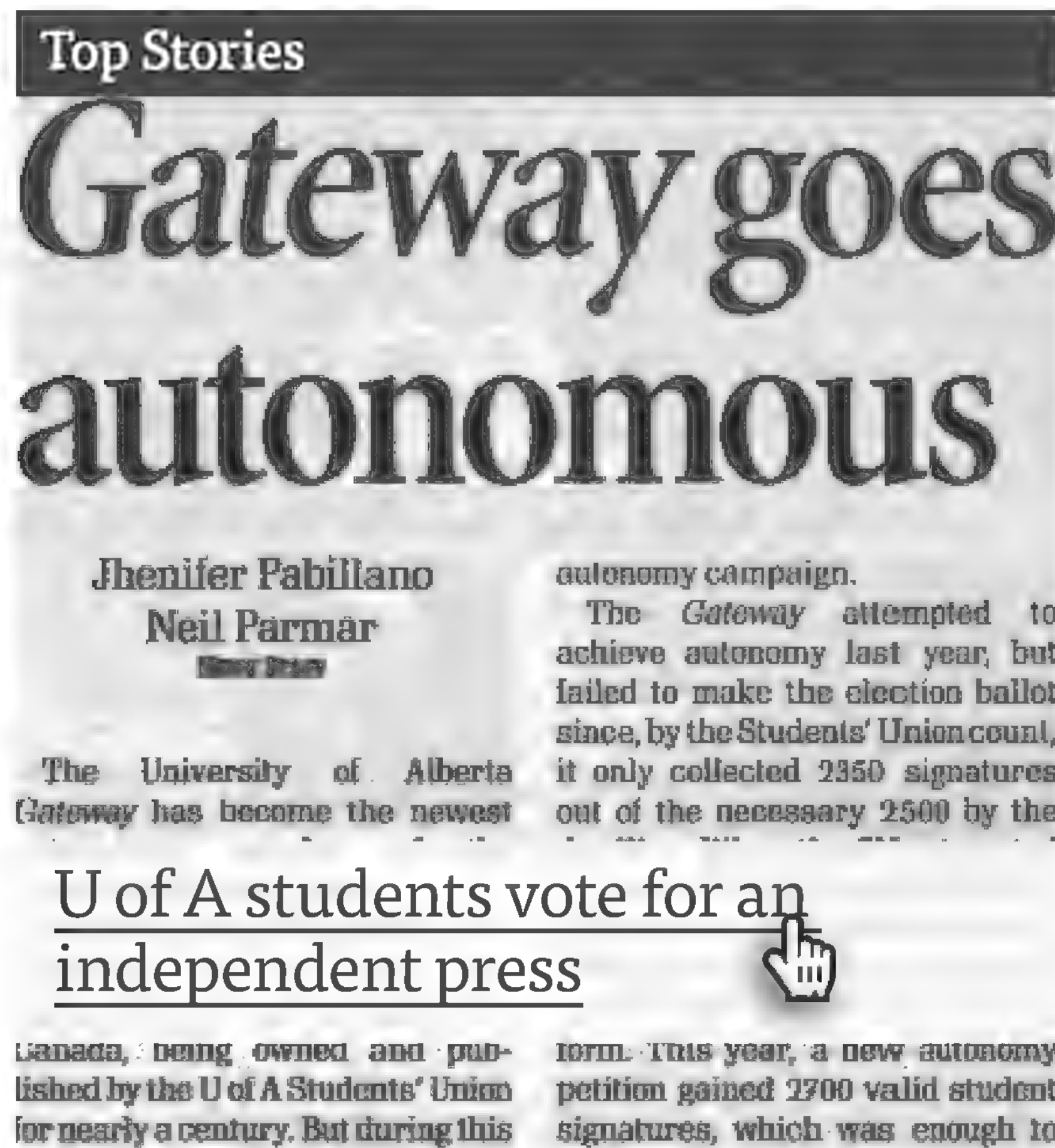
AUTONOMY Now!

PART TWO

BY KIRSTEN GORUK, EVAN MUDRYK AND ALEXANDRIA ELDRIDGE

This year, *The Gateway* is celebrating a decade of free student press at the University of Alberta. In last week's issue, we detailed the story behind the birth of the idea of an independent *Gateway*, autonomous from the Students' Union. This week, we go over the final steps in the success story — how *The Gateway* challenged the status quo and entered a new era of autonomy.

Be sure to check out Part One online at www.thegatewayonline.ca



If at first you don't succeed...

The first failed attempt at autonomy didn't deter Lazin — or anyone else involved with the campaign. If anything, it only served to drive them to succeed, and they launched a more organized and comprehensive plan for the following year.

"We really didn't have much choice but to do it again," Lazin says.

When the 2001/02 publishing year began, the *Gateway* staff and volunteers set out once again to earn their autonomy. David Alexander took over as Editor-in-Chief, and Lazin took on the role of Autonomy Manager, dedicating himself to campaigning for an independent *Gateway*. He dove into the process armed with all the knowledge and experience he needed to carry out the autonomy campaign more efficiently, righting the missteps of the past.

"We wrote up a new, different petition. We looked at our old one and said, 'Frankly, if this had worked, it wouldn't have been ideal in a number of ways.' We'd written the terms pretty unfavourably for *The Gateway* because we were concerned

about getting it to pass," Lazin recounts.

"We submitted (the petition) plenty early, with plenty of signatures and ID numbers — we just told people they had to give them to us, and they did."

Even with enough signatures, the SU remained unconvinced that *The Gateway* had legal right to go forward with the petition based on consultation with the their administrative law specialist at the time, Bill Shores. However, Lazin argued they were misinterpreting the legalities of the petition.

"As part of the University Act, the SU can't sell real property. They can own it, but they can't dispose of it at all, because rights automatically revert to the university in the opportunity that the SU can no longer own the property. Real property, in this act, refers to real estate, buildings and land," he says. "Jamie Speer, then VP (Operations and Finance), interpreted the act differently and incorrectly to mean any kind of property owned by the SU — not just real estate," he explains.

"(Speer) said that the provision of our petition that said the Students' Union

would let *The Gateway* keep all of its computers was illegal out of the University Act, which made the whole petition illegal."

Despite this, the SU didn't reject the proposed question, but instead rewrote the proposed referenda to be less in *The Gateway's* favour, removing the one dollar reduction in SU fees and increasing the amount of levy *The Gateway* would receive, making the overall proposition of a free student press more expensive to students than originally proposed.

"I think they thought a larger (student fee) would cause it to fail," Lazin says. "The ultimate question on the ballot was really nothing similar to what we proposed ... but the bylaw still required that the wording be approved by Students' Council."

Realizing the prospect of autonomy could be in jeopardy, Lazin made sure to submit the proposed question for the referenda far in advance of the March election deadline, hoping to ensure it would actually go through this time around.

Some of the SU executives were strongly in favour of maintaining their

ties to the paper and tried to place roadblocks in between *The Gateway* staff and their goal. But as then-Editor-in-Chief David Alexander points out, not everyone involved with the SU wanted to push for an SU-owned *Gateway*.

"Not all of them felt this way, but they had to toe the line, which is understandable," he says. "In the end, though, it worked in our favour, because some of their tactics were so underhanded and juvenile that it made them look pretty bad."

Alexander says it seemed like the SU found every loophole possible to prevent the paper's autonomy campaign from moving forward, including "trying to buy last-minute ads to use as editorial space to attack us, and even going so far as to call private council meetings that we were barred from in order to pass motions that affected *The Gateway* without anyone from the paper even being there."

"They really embarrassed themselves at certain points," Alexander adds. "Luckily, we also had supporters (within) the SU to help us."

"Some of (the SU's) tactics were so underhanded and juvenile that it made them look pretty bad."

~David Alexander
2001/02 Editor-in-Chief, *The Gateway*



The Final Showdown

But even with this support, there was still significant opposition to the autonomy campaign, with constant delays in approving the wording of *The Gateway's* referenda question.

"At every Students' Council meeting they found another reason to stall, and we found ourselves at the very last meeting before the election. I believe this still stands on record as the longest Students' Council meeting in recent time. They had no choice but to approve the petition, but they wouldn't do it anyway," says Lazin.

Chris Samuel — a science councillor at the time who would go on to become VP (External) in 2003/04 and Board of Governors representative in 2005/06 — was in attendance for the last Council meeting before the ballots were to be finalized for the general elections.

"That Council meeting I think started at 6 p.m. We had to move from our regular meeting room in U-Hall because the building had to close, (so) we moved to SUB and we were there till about 2 a.m.," Samuel recalls.

"It was about an eight-hour Council meeting just debating whether or not (the referenda would make the ballot)," he says. "It was wild ... There was definitely a lot of interested people who didn't usually attend Council meetings who were there."

As the meeting dragged further and further into the night without any conclusions about *The Gateway's* motion to appear on the ballot, councillors began to leave, exhausted by the long

meeting. As they continued to abandon Council, VP (Student Life) Jen Wanke and VP (Finance) Jamie Speer moved to Reconsider and Enter the Minutes, an obscure, non-debatable motion that only required a seconder to pass. The motion halts a previously passed motion from taking effect until it is introduced at another meeting, which can't be held on the same day.

The motion's intent was to show the will of council had changed from when it started, and that the current body would vote differently than it would have if the initial attendance had been retained. Since it would delay the motion for the autonomy question to appear on the ballot until the next meeting of council, it would have effectively killed the possibility of the referendum for that year — the meeting, held on Feb. 12, 2002, was the final meeting of Students' Council before the election.

"I've been around (different Students' Councils) for eight or nine years total ... but I've never seen this motion other than on this very specific instance," Samuel says.

At this point, Amy Salyzyn, VP (Academic) at the time — and staunch supporter of retaining *The Gateway* as a part of the SU — said the motion was inappropriate, as "no power was abused," a danger the motion is supposed to prevent.

Lazin says this was the first time that "the executive had broken ranks."

"It was an astonishing turnaround, as she had been arguing against us all

night," he continues. "But she was doing it because it was the ethical thing to do."

Speaker Gregory Harlow told Salyzyn that she was welcome to challenge the chair, but when she refused, the rest of council turned around, challenged the chair and won. The motion was then officially passed five minutes later, and the question of Gateway autonomy was finally approved to be on the ballot in the election.

"It was the most surreal moment," Lazin says.

"Most people were just happy to go home ... But the executive was never together and on the same page for the rest of the year. It was awesome," he laughs.

After the autonomy referendum made its way to the ballot, it was up to the U of A student body to decide *The Gateway's* fate. On March 7, 2002, students voted overwhelmingly for Gateway autonomy from the SU, with 71.4 per cent voting in favour.

Under the headline "Gateway goes autonomous," Lazin was quoted in an article that ran the Tuesday following elections: "Finally, we're free to pursue (our ideas) without having to go through miles of red tape and a mountain of bureaucracy."

"It was the hardest fought battle of anything I've ever been involved with. We went through the process and I feel we played fair the entire time. There seemed to be an obstacle and a roadblock at every turn." Alexander said in the same article.

"Finally, we're free to pursue (our ideas) without having to go through miles of red tape and a mountain of bureaucracy."

~Dan Lazin

2000/01 Editor-in-Chief, *The Gateway*

Success!

After two years of hard work, long nights and fighting for what they believed in, The Gateway Journalism Society (now the Gateway Student Journalism Society) was created to govern and oversee the paper's operations in the place of the SU. After two years of a long battle, *The Gateway* was officially an autonomous body, free from the Students' Union.

"Looking back, I don't know how we found the energy (to carry out the autonomy campaign) — especially given all the crappy food and beer from RATT that we fuelled ourselves with," Alexander says. "Too stubborn to stop, I guess."

"On more than one occasion, a staffer broke down and cried in frustration," he adds. "I know I lost it a couple times and made some dumb decisions too, but we pushed ahead with a glacial determination to move forward. For me, there was very little life outside of *The Gateway* that year."

Chris Samuel, watching *The Gateway* gain autonomy from the SU side of

things, says that ultimately the paper's independence was a good thing for all parties involved.

"I think people realized that this was what students wanted, and you can't really fight that," he says. "I think the people (in the SU) accepted it, and certainly, as recently as two years afterwards, with turnover in the SU being as high as it is, at that point nobody could even remember what it was like to run *The Gateway* as a department. It was just like, 'Okay, this is the new norm for how it goes.'"

But at first, the changes were far from normal for *The Gateway*. The years following autonomy saw a lot of transition, and one of the main differences was the hiring and training of business staff to oversee the operations of the newspaper.

"In editorial terms, my sense was that the coverage of the SU actually became more balanced thanks to the elimination of tensions inherent in a non-autonomous structure," Don Iveson

recollects as *The Gateway's* first Business Manager. "We had to learn a few lessons about being responsible for ourselves too."

But those who ran and worked on the autonomy campaign, those who worked on transitioning the paper in the years afterwards and those who work for the paper today know the effort was well worth it. *The Gateway* is a healthier organization and the U of A campus is a more open environment after its newspaper joined the ranks of other student papers as part of the free press.

"The editors and volunteers are going to be able to do their job without having to worry about anything other than coming up with the best, truest, most accurate, interesting stories," Lazin is quoted as saying in the Gateway article on autonomy victory.

"There's no longer the same kind of concern of where what we write today will mean that the salary review committee will meet tomorrow."

"I think people realized that this was what students wanted, and you can't really fight that."

~Chris Samuel

Vice-President (External) 2003/2004, Students' Union

From the Archives

Thanks for the support, SU!

I am writing to you to show my support for the *Gateway's* autonomy drive.

In supporting the *Gateway* in attaining autonomy, I believe the University of Alberta's Students' Union has shown themselves to be supporters of freedom of speech, democracy and their students' right to a press that is not only free and unbiased, but does not have the appearance of bias.

Having worked for the autonomous student newspaper, the *Martlet*, at the University of Victoria, I know how important it is for students to have access to a free press that reflects the needs of their campus community.

At this time of concentrated media ownership it is easy to see how important a free press is. I hope that the students union will continue to support the *Gateway's* autonomy by encouraging students to vote "yes" in the autonomy referendum.

KATHE LEMON
ARTS BUREAU CHIEF
CANADIAN UNIVERSITY PRESS

Autonomy rocks, says Mount Royal College

Just thought I'd drop you guys a line to congratulate you on your recent autonomy.

I've been hearing about your fight for independence over the last few years and think it's fantastic that all of your hard work over the years has finally amounted to success in your endeavour.

Welcome to the world of a free post-secondary press.

DAVID LORIA
PUBLISHING EDITOR
THE REFLECTOR
MOUNT ROYAL COLLEGE
CALGARY, ALBERTA

Way to go with that whole autonomy deal

On behalf of *The Sheaf* staff and contributors, I would like to congratulate your organization for attaining final autonomy from the Students' Union.

Since *The Sheaf* attained its autonomy in 1996, our organization has continued to improve in quality and accountability. Your paper currently sets the standard for student publications, and I am sure that this move will only allow you to reach even higher levels. Congratulations.

R MOWAT
CO-MANAGING EDITOR
THE SHEAF
UNIVERSITY OF SASKATCHEWAN

Arts & Culture

Arts & Culture Editor

Alana Willerton

Phone

780.492.7052

Email

arts@gateway.ualberta.ca

Volunteer

A&C meetings Wednesdays at 4 p.m. in 3-04 SUB.

social intercourse

COMPILED BY Paige Gorsak

Rapid Fire Theatre Date Night Fundraiser

Saturday, Jan. 19 at 7:30 p.m.
The Citadel (9828 101A Ave.)
\$5 at the door

The actors from Rapid Fire Theatre are Edmonton's comedy darlings, but this week-end, you have chance to make the local performers your own darlings. This Saturday is RFT's annual Date Night event, during which the performers and accompanying special date packages are auctioned off to the highest bidder. Packages to be won vary from bar and restaurant gift certificates for an evening on the town to multi-evening dates with passes for events in the local arts scene. And with RFT's reputation for being some of the funniest people around, you're sure to have a night you'll never forget. As the dates are doled out, any money raised will go to support travelling performers coming to town for Improvaganza, the comedy company's internationally acclaimed improv festival.

Jake's Gift

Written by and starring Julia Mackey
Directed by Dirk Van Stralen
Sunday, Jan. 20 at 2 p.m.
Maclab Centre for the Performing Arts, Leduc
(4308 50 St.)
\$22 for students a tixonthesquare.ca

In 2007, Julia Mackey premiered a play that would go on to become an award-winning sensation and touring one-woman show. *Jake's Gift*, which Mackey herself wrote and has starred in from its inception, is stopping near Edmonton on a tour across Western Canada. The production follows Jake, a veteran who returns to France years after World War II despite his many misgivings and stifled emotions. During his stay and upon his return to locations marked by painful memories, he meets a young girl named Isabelle who opens his eyes to the new perspective of youth. As the two strike up an unlikely friendship, Jake is able to find closure from old ghosts and move forward from his pain — a microcosm generating empathy of a greater issue. While this is undoubtedly not Mackey's last time performing the play in our region, it's the last performance of this season — and well worth the drive.

The Tragically Hip

With Arkells
Wednesday, Jan. 23 at 7:30 p.m., doors at 6:30 p.m.
Rexall Place (7515 118 Ave.)
\$24.50 - \$125 at livenation.com

Gord Downie's distinct vocals and curious lyrics have characterized Canadian rock prodigies The Tragically Hip ever since they first began making music together back in 1983. This past fall, the Hip debuted their newest album *Now For Plan A* to positive critic reviews and an opening at number three on the Canadian Albums Chart. Though it's their shortest album yet, their 12th full-length offering sees Downie and the band continuing with their quintessential style of pretty, poetic lyrics backed by an impressive rock sound. There's no doubt Downie is one of the weirdest and most talented Canadian musicians ever, so don't miss your chance to see a technically accomplished band playing catchy new material — and likely pulling off some of the most bizarre live stage antics you'll ever witness.

Vancouver-born Hannah Georgas embraces electronic soundscape

Georgas takes latest album to the next level with the help of Holy Fuck's Graham Walsh

MUSIC PREVIEW

Hannah Georgas

WITH > The Belle Game
WHEN > Friday, Jan. 18 at 7:30 p.m.
WHERE > Starlite Room (10030 102 St.)
HOW MUCH > \$20 at primeboxoffice.com

Justin Andrade

ARTS & CULTURE STAFF

Collaboration is often at the heart of great music, and Hannah Georgas's self-titled sophomore album is no exception. Bringing on Graham Walsh of Holy Fuck to produce her latest record, Georgas recently began exploring the world of electronic music on *Hannah Georgas*, an album swimming with deeply personal songs. Though the hauntingly intimate tracks retain her classic singer-songwriter style, they're tinged with groovy synth beats and choral swells this time around, amplifying the emotion Georgas conveys through her vocals.

Speaking over the phone from her home in Vancouver, Georgas admits she's been fostering an interest in electronic music for some time now.

"I've always been wanting to do that, and during the writing process I was diving into that realm," she says. For Georgas, it became a natural course of action to pursue that changing interest and "make the songs go where I wanted them to go."

Bringing on Walsh as the album's producer proved to be the right choice too, allowing Georgas to utilize his extensive knowledge of electronic music to realize her vision.

"I think with my writing, I'm just trying to be honest with myself and just (trying) to get out of my head and not think about anything else but channelling honesty within myself. It's not a conscious effort to get personal — it just happens. A lot of the time, it's just a cathartic, therapeutic thing for me to get (to) whatever it is on my mind, and it can be pretty personal."

HANNAH GEORGAS
SINGER-SONGWRITER

"I knew (from) being a massive fan of his work that it would just be the right choice to go with him, because he's the genius at making all of those elements come to life," Georgas explains. "If you just sit down in a room with him and let him play with his synths and all of his electronic stuff that he has, (you realize) he's just a wizard. He's a fantastic producer and added so much to this album and to making everything sound so sonically full and rich."

But even with Walsh's help, Georgas still found it challenging to combine her more traditional singer-songwriter style with the electronic music she'd wanted to explore for so long. And beneath the synth beats, drum



loops and wispy vocals that make up *Hannah Georgas* lay songs expressing her anxieties, vulnerabilities and relationship troubles. The confessional songs even go so far as to delve into the emotional turmoil she experienced following her father's death, as expressed in the tender song "Ode to Mom."

"My dad passed away while I was making my last record, and shortly after that, it was just the song that 'boom!' kind of came out of that," Georgas says about the track.

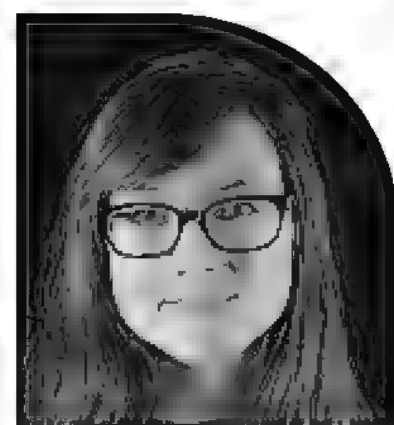
"I think with my writing, I'm just trying to be honest with myself and just (trying) to get out of my head and not think about anything else but channelling honesty within myself. It's not a conscious effort to get personal — it

just happens. A lot of time it's just a cathartic, therapeutic thing for me to get (to) whatever it is on my mind, and it can be pretty personal. I don't want to say that's all I do, but a lot of the stuff on this record is definitely personal."

Thankfully, the intimate nature of Georgas's songs aren't scaring anyone off. Instead, her words and the addition of her new electronic sound only serve to make her more personable to a wider range of people — something she always tries to keep in mind as she creates.

"I think it's really important when I sit down to just clear everything out of my brain except for the fact that I'm trying to create ... The good thing is that people relate to this, and that's the hope."

Vegan makeup brands for the socially conscious



Peggy Jankovic
BEAUTY COMMENTARY

Lanolin, carmine, cera alba, quaternium 27 — this list of bizarre chemical names is actually a sample of some of the animal-sourced ingredients commonly found in most cosmetics. If the idea of rubbing sheep fat or crushed beetles onto your lips doesn't appeal to you, or if you're against animal testing, finding ethical, vegan products in the cosmetics aisle can seem like a daunting task. And while "cruelty-free" generally means a product wasn't tested on animals, it may still contain animal products.

Luckily, our Gateway guide will help anyone navigate their way through the surprisingly large variety of vegan makeup products available.

e.l.f. (Available at eyeslipsface.com) Other than their natural hair Essentials cosmetics brushes, all e.l.f. products are fully vegan and cruelty-free. Best of all, almost everything is less than \$3. e.l.f. products can be hard to track down in Edmonton, so your best bet is to order online. Though shipping to Canada is pricy, 50 per cent off sales are frequent — so you're still getting a lot of bang for your buck.

Quality-wise, e.l.f. is hit-and-miss, but the brand is so inexpensive that if you read reviews and pick out products carefully, you'll usually come out on top. Inexpensive products also give you the chance

to perfect your technique without worrying about wasting your pricier products. Try their Essential Liquid Eyeliner (\$1) for rich colour rivaling the more expensive options. Their Studio High Definition Powder (\$6) is also almost identical to Make Up For Ever's, but at a fraction of the price, so you can set your foundation and blur imperfections without breaking the bank. If you're still just starting out with makeup, e.l.f. also offers eyeshadow palettes with up to 144 shades and finishes, as well as combination sets that give you a whole collection for eyes, lips and face for as little as \$15.

No matter how luxurious your

makeup products, your money will go to waste if you don't have the tools to apply it properly. If you're not ready to invest in an expensive brush set, e.l.f.'s dirt-cheap Studio brushes are impressively soft and durable. Their 11-piece brush collection gives you a full range of tools with a carrying case for \$30, or you can buy individual brushes for \$3 each.

Urban Decay (Available at Sephora)

Urban Decay was bought by L'Oréal in 2012, so this may be a dealbreaker if you're concerned about L'Oréal's animal testing policy. Still, Urban

Decay has been a makeup staple to vegans everywhere with their variety of long-lasting makeup. And while not all their products are vegan, those without animal products are clearly marked on both the website and Sephora displays. Try their 24/7 Glide-On Eye Pencils (\$23) for creamy, intense colour that goes on easy and lasts all day. For face products, their Surreal Skin Mineral Makeup (\$37) and Naked Skin (\$45) are fail-safe foundation options that blur imperfections, shrink the appearance of pores and leave a natural finish. Urban Decay also sells high quality synthetic brushes like the Good Karma Optical Blurring



Brush (\$26), which is the ultimate tool for flawlessly blending in foundation.

Too Faced (Available at Sephora or toofaced.com)

Like Urban Decay, Too Faced has a wide range of vegan products, including soft, high-pigment eyeshadows, pore-masking primers and even Chocolate Soleil (\$36) — a matte bronzer that smells like chocolate. Too Faced has also developed a line of Teddy Bear Hair synthetic brushes that are soft and work beautifully at picking up and blending pigments. The professional 5-piece brush set is an intimidating \$79, but with proper care this investment can last you for years.

OCC (Available at Sephora or occmakeup.com)

If you're looking for long-lasting, intense pigmentation, OCC is your new best friend. Their Lip Tars (\$19) have been a total cult hit, as all you need is a drop of this liquid lipstick to last you all day. Even better, Lip Tars come in every colour imaginable. OCC's entire product line is vegan and includes high-quality nail polishes, concealers, loose eyeshadows and airbrush foundation.

Hourglass (Available at Sephora or hourglasscosmetics.com)

Hourglass cosmetics are luxury-priced — to put it mildly. However, if you're picky and looking for products of incredibly high quality, it's worth the splurge. The Hourglass Veil Mineral Primer may be \$60 for a 30 oz bottle, but it leaves skin with a smooth, silky finish. It's a total godsend for anyone seeking a matte complexion that lasts all day.

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(12oz pints)

the *brews* brothers

WRITTEN BY Adrian Lahola-Chomlak and Ben Bourrie

Dark Island

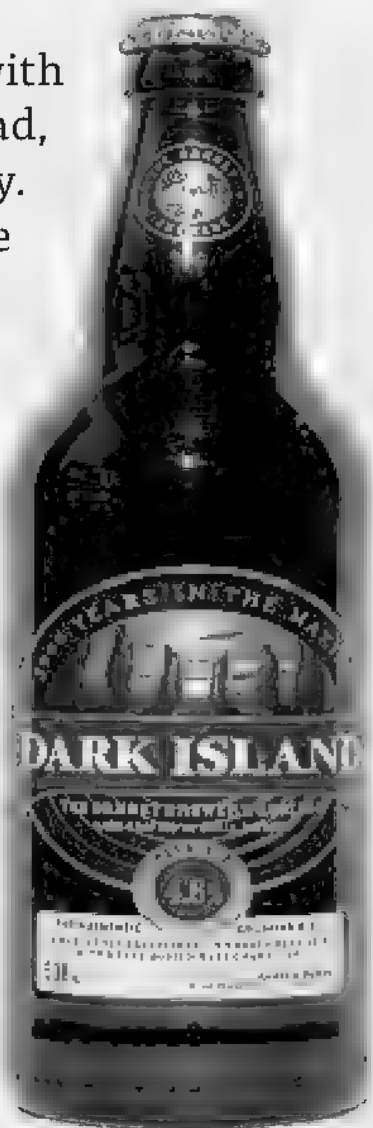
Brewery: Orkney Brewery
Available at: Sherbrooke Liquor Store (11819 St. Albert Trail)

Traditional Scottish beers combine a student's two best friends: beer and whiskey. Ranging from light and sweet to dark and heavy, these beers are usually aged in whiskey barrels that give them a distinct and interesting flavour. Orkney Brewerie's Dark Island is no exception.

The beer pours dark brown with two fingers of foamy tan head, which dissipates fairly quickly. On the nose, there are toffee and bitter chocolate aromas with vanilla and warm boozy notes in the background. It definitely has a real whiskey spin on the dark chocolate and coffee aromas of a regular dark beer.

This follows through into the flavour, which opens up with sweet toffee and a bit of roasted astringency, followed by some vanilla and woody flavours in the background. There's a bit of a floral hop taste as well, which brightens up the flavour profile and prevents it from becoming too heavy. The mouth feel is appropriately substantial but isn't too syrupy, preventing it from feeling too sweet.

Overall, Dark Island is a great beer, and will be especially interesting for people who love dark beers, whiskey or both. It earns a solid 8.5/10.



La Chouffe

Brewery: Brasserie d'Achouffe
Available at: Sherbrooke Liquor store (11819 St. Albert Trail) and Keg n Cork (3845 99 St.)

Brasserie d'Achouffe is a traditional Belgian brewery that offers a wide mix of classic Belgian style beers and distinctly different brews that provide a nice change of pace from what the usual Belgian brewery offers. This week, I decided to try one of their two flagship beers: a Belgian style pale ale called La Chouffe.

La Chouffe pours a hazy golden colour with a fluffy white head that leaves a nice cap throughout the beer. The nose is full of yeast spiciness and some citrus notes to provide some brightness. Light levels of hops play in the back and combine with the other smells to produce a pleasant lemon-pepper scent in the whole beer.

La Chouffe is also a very balanced beer, and the same peppery spice and lemony citrus notes mingle together to create a light flavour that pairs well with a decent amount of hoppy bitterness. This beer would pair nicely with seafood, as the bright flavours and bitterness would clean the oiliness from your palette well. Thankfully, the beer also has a medium body with low levels of carbonation, which prevents it from feeling too light.

This is a great offering from d'Achouffe and is a nicely balanced, all-around beer that most people will probably enjoy. It earns a solid 8/10.



campus *bites*

COMPILED BY Dan McKechnie, Kate Black and Alana Willerton



Fat Franks

Every week, Gateway writers with iron stomachs will sample food on campus. This week, they tackled Fat Franks in CAB.

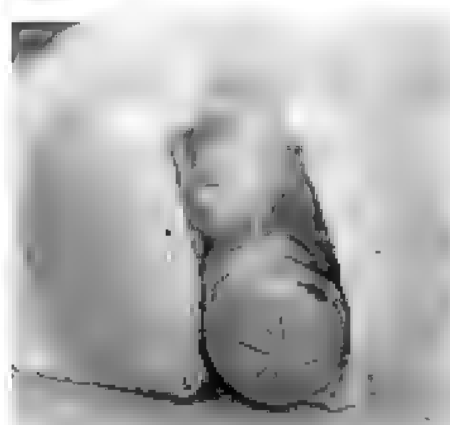
Peking Dog - \$7 - Dan McKechnie



This week, I tried Fat Franks Dog of the World: the Peking Dog. It comes heavily laden with red cabbage, mung bean sprouts and a thick and spicy hoisin sauce mix. A moderate drizzle of sriracha completes the mix. Although the toppings are fresh and

delicious, the sausage itself is more a vehicle for everything else than the main attraction, and it's the least interesting part of this intriguing flavour combination. At \$7, it's expensive by Fat Franks standards, but it's filling enough to be justified.

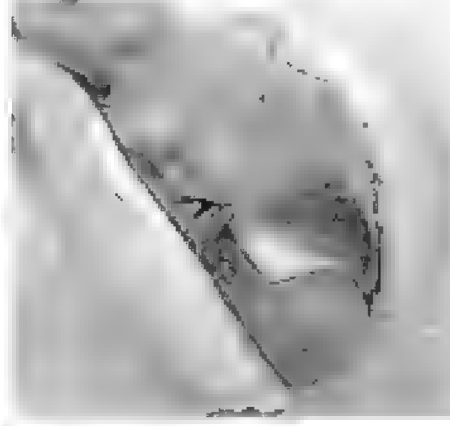
Jumbo Veggie Dog - \$5 - Kate Black



As a vegetarian, the thought of buying lunch at a venue dedicated to selling hot dogs usually instills fear in my heart. Luckily, Fat Franks provides hot dog and condiment options for carnivores and herbivores alike. I opted for the Jumbo Veggie Dog on a

whole wheat bun, which the vendor toasted over the grill to crispy perfection. I dressed up my veggie dog with beer — yes, beer — mustard, Sriracha sauce, banana peppers and ketchup, which transformed my vegetarian option into a sinus-clearing spicy fiesta.

Avenue Dog - \$6 - Alana Willerton



Don't let the fact that they only sell hot dogs throw you off — there's much more to Fat Franks than meets the eye. With extremely friendly service and a bevy of delicious and varied condiments to choose from, your

hardest decision will be choosing between the dozen different hot dog options. Topped with bacon strips and melted cheddar cheese, the Avenue Dog is an easy and simple choice that's pretty much guaranteed to satisfy anyone.

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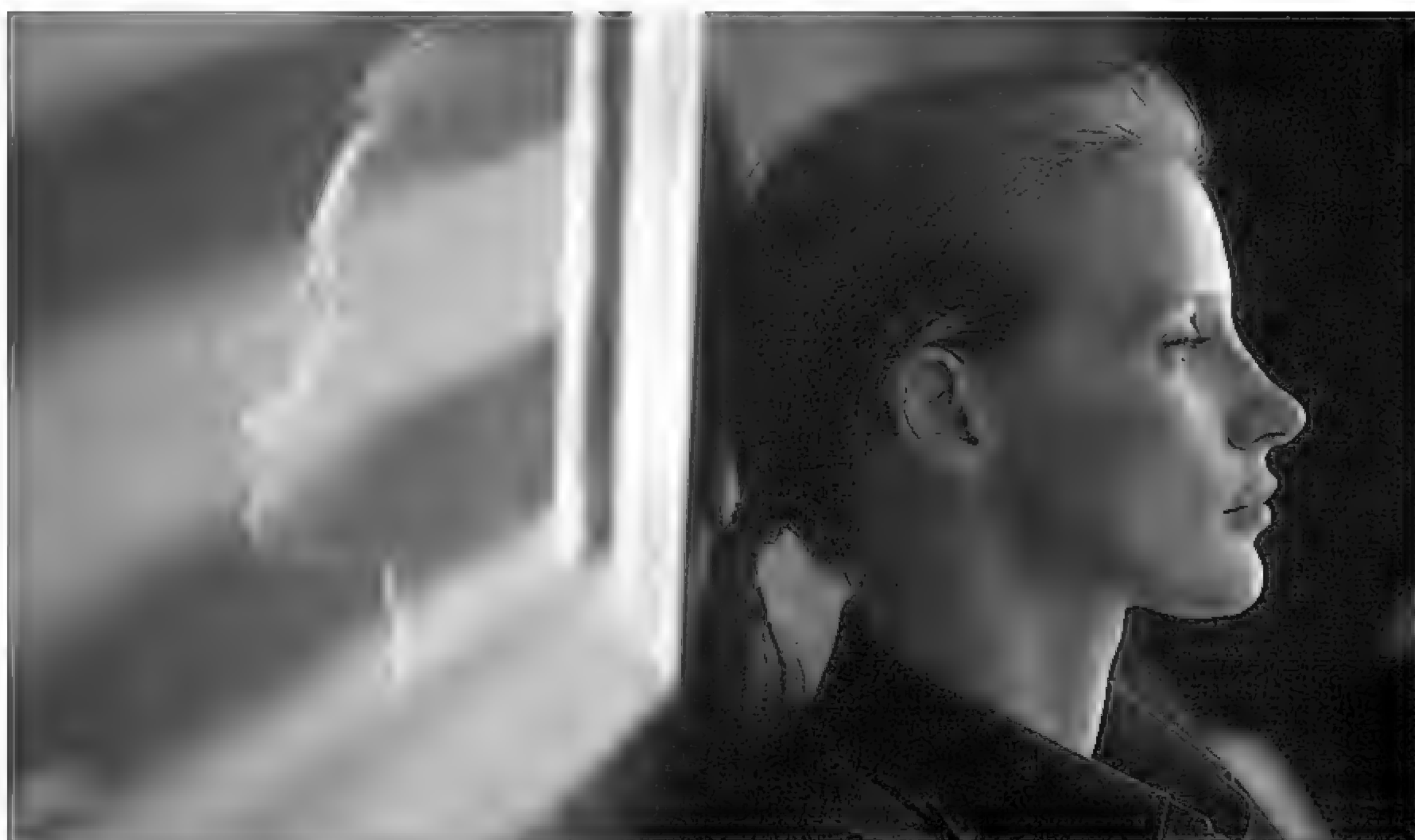
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SAME
SPEAKER
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Searching for Osama bin Laden in controversial *Zero Dark Thirty*

FILM REVIEW

Zero Dark Thirty

WRITTEN BY > Mark Boal

DIRECTED BY > Kathryn Bigelow

STARRING > Jessica Chastain, Joel Edgerton and Kyle Chandler

WHEN > Now playing

Paige Gorsak

ARTS & CULTURE STAFF • @PAIGEGORSK

After focusing on the psychology of soldiers and the terrors of wartime in the award-winning film *The Hurt Locker*, director Kathryn Bigelow returns with the ambitiously contentious *Zero Dark Thirty*. Based on the real life search for Osama bin Laden following the tragic events of 9/11, the film condenses the 10-year history of the CIA's presence in the Middle East to less than three hours. And while the subject matter is heavy and the decision to tackle this topic so soon might seem hasty, Bigelow's adaptation of history results in a masterful film.

Bigelow and screenwriter Mark Boal compacts the colossal timeline of the hunt for bin Laden into a concise story focusing on Maya (Jessica Chastain), a young CIA agent stationed at an embassy in Pakistan. She's a strong-willed woman who finds a lead on bin Laden and refuses to back down from it, ultimately leading America to its target. Less than two years have passed since the real life manhunt ended with bin Laden's

death in Abbottabad, and the filmmakers used first-hand accounts from CIA members to adapt the story truthfully — though liberties were taken in dramatizing real events. While this is typical Hollywood movie magic for relaying history, there's also the question of whether a film should in fact be made when public opinion is still variable and peace has yet to be attained.

But if these realities can be set aside for the sake of art, *Zero Dark Thirty* can be analyzed as the masterpiece it is. Raw and captivating, the movie takes a decade of complicated politics and boring bureaucracy and boils it down to a clear storyline with nail-biting suspense. Boal's script is concise, but manages to make room for every powerful detail, whether it's the horror of waterboarding or the astute use of an Obama interview condemning torture.

Chastain powerfully depicts the growing frustrations of a woman facing a fatal environment and superiors who won't trust her intelligence. Her ability to build momentum and passion recently earned her a Golden Globe, and it drives the film to its conclusion — ensuring that regardless of your stance on wartime and terrorism, you'll feel moved as the credits roll.

Also notable is Jennifer Ehle as Maya's coworker in Pakistan. From the start, the two women build a genuine, competitive dynamic while their growing friendship grounds the film, preventing it from becoming too political or plot-driven. When combined with the film's striking visual esthetics and the hypnotizing soundscape, it feels as though the

audience is actually there in Pakistan as shells rain down and bombs explode.

Especially poignant is the film's climax: the inevitable and intense final moments of the pursuit of an enemy whose name will never be forgotten. In the shroud and darkness of a barricaded compound, three helicopters filled with American soldiers drop down and the audience joins the soldiers in their night vision goggles. In this scene, there's a mounting sense of urgency and a feeling that every difficult decision leading up to this moment has been correct. But it's at the tipping point of this experience that Bigelow turns on the lights — literally. The soldiers remove their goggles, and as harsh fluorescents flood the property, what was suspense, intensity and a deep hunger for justice turn to horror. Bigelow, always unflinching, refuses to let the audience look away from the shocking image of dead women and children, the irreversible destruction of nations and relationships and the deep red of blood staining the floor.

Though Bigelow and Boal's subject matter is obviously loaded, their dramatization in *Zero Dark Thirty* is neither propaganda nor pro-torture sentiment. While very little time has passed since the actual event, the film's writer and director never claim to be authorities on the topic, and ultimately the reality that the film is a work of fiction is maintained. So long as an audience enters the theatre with this perspective in mind, *Zero Dark Thirty* can easily be considered one of the best films of the year.

along for the ride. "Get your popcorn, juice, snacks / It's a movie nigga, with a new cast," he declares on "LVL." Indeed, the nature of hip hop has always been the ebb and flow of various trends, and he and his A\$AP Mob are the current stars.

The flawless closing track "Suddenly" is the fever pitch of Rocky's underlying thematic struggle. Beginning with a calming portrait of the backyard barbecues that defined his life, Rocky then shifts personas for a rapid-fire montage of past memories — both light and dark — struggling to hold on to them as they fly by.

As self-indulgent as he may be, Rocky shines within the current crop of obnoxious gangstas as one who puts pleasure first, while leaving a subtext below the wit rich enough for us to discover some of the sacrifices of his fame.

Simply put, *Long.Live.A\$AP* is the present embodiment of NYC's hip hop culture, which sorely lacks a figurehead given the decreasing output of stars like Jay-Z. But like Jay-Z before him, Rocky is an egoist who ably justifies his young wealth while sharply outwitting those who hate him for it.

Nevertheless, Rocky seems aware that he could just be this decade's flavour of the month. But he's cool with that, simply encouraging us to come

ALBUM REVIEW



A\$AP Rocky *Long.Live.A\$AP*

RCA Records


asvprocky.com

Ryan Stephens

ARTS & CULTURE STAFF • @STEPHENSJRYAN

At first glance, A\$AP Rocky appears to be just another self-indulgent gangsta rapper basking in the new-found fame stemming from his 2011 mixtape *Live.Love.A\$AP*. With his major label debut *Long.Live.A\$AP*, Rocky continues his thuggish bent, contrasting his Harlem upbringing with the spoils of hip hop stardom. The end result is a lyrical workout affirming Rocky's position as New York City's premium gangster poet.

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See the whole story at: joinscip.ca/jills-story

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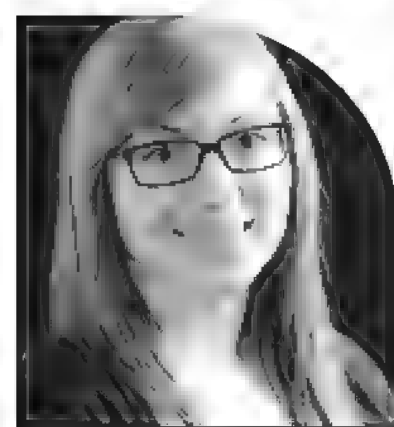
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Alberta Government



The Bachelor remains as trashy as ever — and thank God for that



Alana Willerton
A&C COMMENTARY

When I first found out that Sean Lowe had been chosen to star on the latest season of *The Bachelor*, I have to admit I was less than thrilled. Sean Lowe? The guy who placed third on Emily Maynard's season of *The Bachelorette*? The one who basically looks like a Ken doll and has the personality of a loaf of white bread? Basically, I was devastated. For a reality TV junkie like myself, there couldn't have been a less inspired choice to be the 17th Bachelor.

Now that the show has finally begun airing, I can safely inform you all that I was not wrong about my initial thoughts on Sean. He's just as boring and brawny as we all remember — though perhaps nicer, if the first two episodes of the show are any

indication.

Thankfully, the women contestants have made it their mission to make this season of *The Bachelor* as entertaining as possible for us all. While this season arguably has more intelligent and culturally diverse women than any of the previous appearances, there are still the usual token crazies that we love to marvel at.

Take, for instance, midwestern hairdresser Ashley. With a penchant for cats and an obsession with playing out fantasies from *Fifty Shades of Grey*, she exclaims at one point, "I have no idea why I'm still single!" Well, maybe it's the fact that you got drunk at the *Bachelor* cocktail party, pulled a tie out of your cleavage and then suggestively told Sean that you wanted to show him how to use it. I don't know, just a guess. Sean showed enough sense to get rid of her on the first night, so at least there's some hope for him.

He did, however, keep school-teacher Lindsay around. She thought it would be a good idea to show up in

a wedding dress. Honey, you've barely spoken 10 words to the guy. Let's not scare him off with the sound of wedding bells yet. The fact that she chugged back drink after drink and drunkenly tried to make out with him later seemed to make her an obvious choice for elimination on the first episode, and yet, no such luck.

And then there's the likes of Kacie B. and Paige. Some will remember these ladies as the runner-up of Bachelor Ben Flajnik's season and a contestant on *Bachelor Pad* 3, respectively. I just see two women who are desperate for more attention, and apparently gluttons for punishment, since they're both back for more rejection with Sean this time.

This is just a sampling of some of the drama-filled ladies that have found their way onto our TV screens this winter, and they promise a cringeworthy season of *The Bachelor* like never before. For all the reasons some people hate *The Bachelor*, you have to hand it to the producers — at least they never leave us bored.

fashion streeters

COMPILED AND PHOTOGRAPHED BY **Dan McKechnie**

Jason Watanabe
OPEN STUDIES



GATEWAY: Describe what you're wearing.

JASON: My look is kind of grunge chic. I'm wearing an Alexander McQueen scarf, a Kenzo Paris sweater, DSquared cargo jeans and Frye engineer boots. My bag is Balenciaga Paris.

GATEWAY: What's your winter fashion advice?

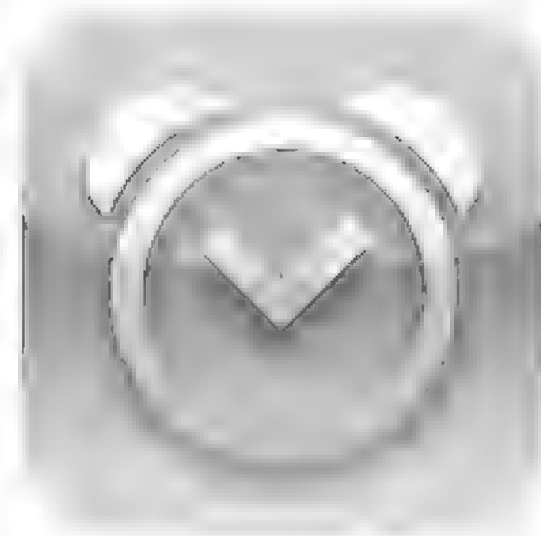
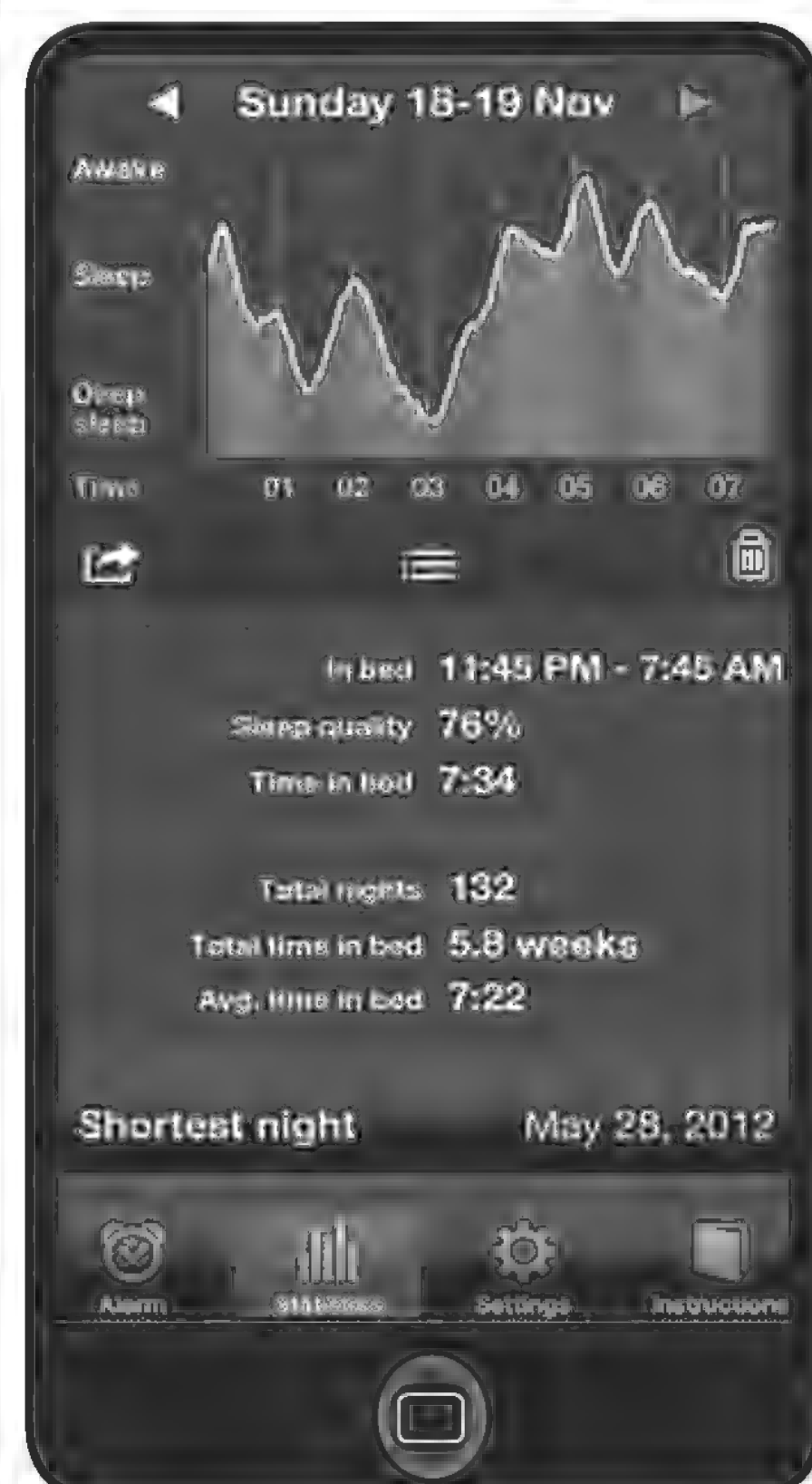
JASON: Layer two or three pieces of clothing, and go from loose to tight so you're not looking too frumpy. And wear something comfortable that looks good.



Check out thegatewayonline.ca/fashionstreeters for more photos.

datapp

WRITTEN BY **Alana Willerton**



Sleep Cycle

COST \$0.99

PLATFORM iPhone, iPad

For most of us, waking up in time for an early class or work shift is no easy task. Thankfully, the Sleep Cycle app makes the arduous experience of getting up in the morning a little easier.

All you have to do is place your phone face down on the corner of your bed during the night, and while you get some much needed beauty rest, the app does all the work. When we sleep, we go through different sleep states — ranging from light sleep to deep sleep — and our movements in bed change accordingly. The app calculates what stage

you're in at what time based on those movements. Sleep Cycle also takes into account factors like the length of time spent in bed, sleep notes — like whether you ate late, drank coffee or had a stressful day — and your mood upon waking up to analyze the quality of your rest.

But the best part of Sleep Cycle is the alarm clock system. The app can be set to a wake-up phase of 10–90 minutes, and gradually nudges you awake in small intervals until it's time to get up. The point of this is to wake you up in your lightest sleep phase, which leaves you feeling more rested.

While you may be skeptical as to just how accurate the Sleep Cycle app is, rest assured that it does actually work. For anyone out there looking to improve the way they sleep or make getting up in the morning a little easier, the Sleep Cycle app is a godsend.

Dat App is a weekly feature that highlights the best apps out there.

Sports

Sports Editor

Andrew Jeffrey

Phone

780.492.6652

Email

sports@gateway.ualberta.ca

Volunteer

Sports meetings Thursdays at 4 p.m. in 3-04 SUB. C'mon by!

U of A Athletics Upcoming Schedule



All times in Mountain Standard Time
All games viewable on canadawest.tv

Golden Bears Hockey



Friday, Jan. 18
vs. Lethbridge
7 p.m.

Saturday, Jan. 19
vs. Lethbridge
6 p.m.

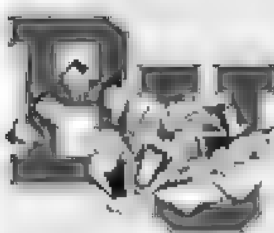
Pandas Hockey



Friday, Jan. 18
@ Lethbridge
7 p.m.

Saturday, Jan. 19
@ Lethbridge
7 p.m.

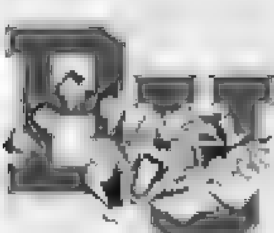
Golden Bears Volleyball



Friday, Jan. 18
@ Brandon
7:45 p.m.

Saturday, Jan. 19
@ Brandon
6:45 p.m.

Pandas Volleyball



Friday, Jan. 18
@ Brandon
6 p.m.

Saturday, Jan. 19
@ Brandon
5 p.m.

Golden Bears Basketball



Friday, Jan. 18
vs. Thompson Rivers
8 p.m.



Saturday, Jan. 19
vs. UBC-Okanagan
8 p.m.

Pandas Basketball



Friday, Jan. 18
vs. Thompson Rivers
6 p.m.



Saturday, Jan. 19
vs. UBC-Okanagan
6 p.m.

Golden Bears and Pandas Track and Field

Golden Bear Open
Friday, Jan. 18 to Sunday, Jan. 20
@ U of A Pavilion

Golden Bears and Pandas Wrestling

Guelph Open
Sunday, Jan. 20 at 12 p.m.
@ University of Guelph

Bears best in the west after wins over U of S

HOCKEY PREVIEW

Bears vs. Pronghorns

Friday, Jan. 18 at 7 p.m. and Saturday,
Jan. 19 at 6 p.m.
Clare Drake Arena, Edmonton, AB

Atta Almasi

SPORTS STAFF

Over the weekend, a two game sweep of perennial rival Saskatchewan vaulted the Golden Bears hockey team into first place in the Canada West hockey standings. But head coach Ian Herbers stressed only the players will determine whether they can stay there.

"We're in first place right now, but we put ourselves in the driver's seat and we can't ease off," Herbers said after Saturday's 3-2 win against the Huskies. "We've got to be just as prepared, just as focused, just as determined, just as disciplined and just as detailed coming up these next games. One bad weekend and the next thing you know, you're battling again for first place."

"We want to make sure we keep controlling our destiny."

The Bears split their season series against the Huskies 2-2 with every game being decided by a single goal. This remained true on Saturday, when Alberta demonstrated their defensive play by holding the Huskies to a single digit shot total for more than half of the game.

"We did the same thing in Saskatchewan; we kept them under 20 shots both games there too," Herbers said of his team's puck control during the first period and a half of Saturday's game.

But the weekend wasn't completely smooth sailing for the Bears. The team lost control at various points in their games against Saskatchewan as evidenced by the games' one goal differences. After dominating play in the first period of Saturday's game, outshooting Saskatchewan 18-5, the



CHENFEI ZHANG

Bears allowed the Huskies to come back and almost even the score.

"We eased up (and) we played a little tentative the last two periods," Herbers said. "We need to keep playing our relentless, tenacious style of hockey and hounding all over and being very difficult to play against. We didn't win some battles — we lost some individual battles and we were looking for the easier way out, and we can't play that way."

Although the season series against the Huskies might have concluded this past weekend, the prospect of facing off against the U of S in the playoffs or on their home ice in Saskatoon during CIS nationals is very real for Herbers and his team. With the close games that these teams have had, Herbers is confident that

the Bears can defeat Saskatchewan come playoff time, but knows how difficult an opponent the U of S will pose.

"I don't know if we've dominated, but we're confident. We just focus on us, the way we play and what we need to do and how we need to be successful," Herbers said.

"We're just taking our steps on our journey here. One step at a time, we just want to keep building, keep getting better and hopefully peak at the right time."

The intensity was certainly turned up a notch against Saskatchewan, with huge hits and rough after-whistle shoving matches abounding in the team's two games. With a provincial rival showing up to Clare Drake next weekend in the form of

the visiting University of Lethbridge Pronghorns' men's hockey team, Herbers said his team is looking forward to the learning experience of playing tough rivals like their previous and upcoming opponents.

"The intensity (is that of) a playoff style game," he said. "These are the kind of games you'll see in the playoffs coming up in February. So it's just good preparation and helping our team to get better. (When) our guys get in those situations, the mental side of the game becomes better, the physical side of the game becomes better (and) the emotional side of the game becomes better."

"The more games you can play like this, the better you're going to be when hitting those clutch times in playoffs and nationals."

Volleyball Bears keep perfect record intact to begin 2013

VOLLEYBALL PREVIEW

Bears @ Bobcats

Friday, Jan. 18 at 7:45 p.m. and
Saturday, Jan. 19 at 6:45 p.m.
Brandon University Gym, Brandon, MB

Brendan Curley

SPORTS STAFF • @B_CURLEY

Sitting pretty at 14-0 with eight games left in the regular season, the University of Alberta Golden Bears volleyball team will look to continue on the road to a perfect season when they visit the Brandon University Bobcats for two games this weekend.

While the idea of an undefeated season has grown as the team continues to tally up series sweeps, Bears assistant coach Dale Johns expressed confidence in the Bears' ability to remain focused week-to-week and not get caught up in the hype of some-thing that may or may not happen.

"It's not something the team is focused on. You have to win the next game if you want win the rest of them. It is important to face these games one at a time," Johns explained.

However, a lack of focus was apparent this past Friday when the Bears' winning streak was left in jeopardy in the first game of a weekend series against the University of Calgary Dinos. The Dinos led for most of the game and seemed poised to deal the Bears their first loss of the regular season.

"In Friday's game, we had 22 service errors and 23 hitting errors. That's almost half of their points scored off of plays that should have been in our control," Johns explained.

Twice the Bears rallied from a set down to force a decisive fifth set. The final stanza went to extra points, but the Bears came from behind to win the set 21-19 and keep their pursuit of a perfect season alive. The game marked only the second time the

Bears had dropped two sets in a game all season.

"Talking to the guys after the first game, we focused on eliminating those errors, and the difference between the team's play in game one and two was night and day," Johns said.

The following night was a completely different story as the Bears looked much more like the team that's dominated their opposition through much of the season. They won in three straight sets to improve to a CIS-best 14-0, while Calgary fell to a Canada West worst 2-12.

The first-ranked Bears will have to put last weekend's shaky start behind them when they take on the seventh-ranked Bobcats on enemy turf this weekend. Brandon has compiled an impressive 10-4 record, and their mark of only 19 sets lost all season is good enough for second in CanWest, only behind Alberta's mark of six.

"We have a tough couple of weeks to close out the season. We know

Brandon is a good team, they've played us very tough in their own gym and obviously the fans will be against us," Johns explained. "The key to a successful weekend is to try not to do too much. We've had success all year playing our style of game, and hopefully that is enough to win."

Having been an assistant coach with the Golden Bears since 1993, Johns has seen a number of strong Bears teams come and go over the years.

When asked to rank where this year's team fits amongst the many Bears squads he's coached, Johns reiterated the importance of preparing in the moment and remaining focused down the stretch.

"That's a hard question to ask because we are still in the middle of the season," John said. "I will say that this team is up there, but we still need to focus on closing out the season strong, and then playoffs and hopefully nationals."



DAN MCKECHNIE

Morris brings history of success to winless Golden Bears football

FOOTBALL PROFILE

Atta Almasi
SPORTS STAFF

It's been noted by many that success breeds success.

For the Bears' newly minted football coach Chris Morris, having a résumé that includes three Grey Cups, a high school provincial championship as an assistant coach at Harry Ainlay high school and a track record of turning around the academic achievement of Spruce Avenue junior high school while working as principal, means that the U of A's program, which has been unsuccessful of late, can expect better days under his tutelage.

“If we start losing some of the top academic kids to other programs, then shame on us. Those kids should be coming here and we should be showing those guys why it's worth their while to go.”

CHRIS MORRIS
GOLDEN BEARS FOOTBALL COACH

Morris was drafted by the Eskimos after a successful CIS career at the University of Toronto. Looking at his football career, as well as his history working in education, Morris has an impressive history of success that could bode well for the future of the Bears football team. What Morris brings to the team is his experiences winning and knowledge of what had to be done to be successful.

“The first time I won (the Grey

Cup) I came in and it was a young team that also had a whole bunch of veteran guys there. All I really had to do was not screw up too badly, go to my spot and play,” he said.

“I think that experience more than anything else helps because you start seeing pieces of the puzzle you need ... You start seeing how all the pieces of a team fit together and what you need to make something win,” he continued. “It's much like when I was a principal at a school: if you want people to be successful, you put really high expectations in front of them, then you put supports around them to make sure that they can meet those expectations. And you make it a non-negotiable thing.

“So you put those structures around people to make sure that they can reach the standard you're putting before them. If you want to be great at something, it's not by half-means — you have to put everything into it.”

For Morris, being successful means creating a strong foundational framework on which to build the success. In the context of the Golden Bears football program, that means the battle with Canada West rivals like Calgary and Saskatchewan doesn't start on game day, but before many of the players even graduate from high school. For the Bears to steal the province's top recruits away from the likes of the Huskies and Dinosaurs, everyone involved needs to take on a more aggressive approach.

“If we start losing some of the top academic kids to other programs, then shame on us. Those kids should be coming here and we should be showing those guys why it's worth their while to go,” Morris said.

“Especially shame on us if we lose those kids to schools that don't have

the same academic credentials as we do. That's what's been happening over the last few years in northern Alberta ... Kids have said, ‘Look, I'm not really comfortable with the football program there to the point where I'll even go somewhere where it's not quite the same calibre academically.’

“That's our fault and something that we've got to change ... Our coaching staff stacks up or exceeds what other programs can offer. So I think that's the first step in the right direction.”

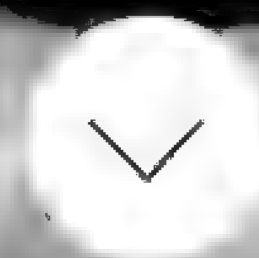
Morris also added that his experience in the grassroots football community in northern Alberta gives him a distinct advantage over his CanWest and CIS counterparts.

“Being at (Harry Ainlay High School) helped me understand who all the top players coming out are right now,” Morris said. “I coached pee-wee and know all the young kids in the province too, and the kids that are coming up ... We've got a really good recruiting class coming together right now.”

As for the long-suffering members of the local university football community who have yet to see the Bears pull off a victory in more than two years, coach Morris promised changes.

“We're going to play hard, we're going to play physical and the kids are going to buy into what we're doing. We're going to give the kids a lot of chances to invest in what we're doing,” he said.

“We're going to bring top quality athletes here. This program is going to turn around and is going to be competitive right away ... It's going to be a very exciting period of time for the next two or three years to watch this team grow up.”



My owner, little eight-year old Timmy passed away the other day. He ran into traffic when we were playing catch after he threw the ball just a little too far. He stopped me from getting it myself. He saved my life. He was going to be a Golden Bear quarterback, but now he's gone. Write for sports...



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WHEN: First Wednesday of each month, Winter semester
First meeting: February 6, 4:30 – 6:00 pm. Food and refreshments are provided.

Students must attend all meetings and maintain satisfactory academic standing in order to participate.

If interested, please submit the following by **January 31, 2013** to ashley.demoscoso@ualberta.ca:

- Name
 - Student ID
 - Statement outlining why you are interested in participating and what you will contribute to the Committee (max 250 words)



ZENG BEN HAI

Pandas poised for top position

VOLLEYBALL PREVIEW Pandas @ Bobcats

Friday, Jan. 18 at 6 p.m. and Saturday, Jan. 19 at 5 p.m.
Brandon University Gym, Brandon, MB
Cameron Lewis
SPORTS STAFF • @COOOM

As the University of Alberta Pandas Volleyball head east to Brandon this weekend for two games against the struggling Bobcats, they’re within striking distance of the top spot in the Canada West conference, currently held by UBC.

This will be the first time the Pandas play the Bobcats this season. Their only previous meeting was an exhibition game in September, which the Pandas won 3-1. The Bobcats enter action this weekend with a 5-9 record on a four-game losing streak, with their last victory on Nov. 24th against Calgary.

Despite the Bobcats’ recently poor record, Pandas Coach Laurie Eisler refuses to take the team lightly.

“I wouldn’t refer to Brandon as a weak team,” Eisler said. “They have some very good results against very good teams. Canada West is an extremely challenging conference and we expect a very tough opponent in their own gym this weekend.”

The Pandas split the battle of Alberta last weekend, pushing their record to 11-3 — good for third in the CanWest. The loss in Calgary last weekend marked the first conference game the Pandas had surrendered since they lost back-to-back games against UBC in early November. Eisler was disappointed in her team’s play in the first half of the back-to-back, but was pleased by the improvement shown by her team in the second game.

“Our loss to Calgary was disappointing. We did not play well and they played very well,” she said. “We made the necessary corrections on Saturday, and I believe the outcome

reflected that.”

The Pandas know they can’t afford to lose games to teams below them in the standings if they want to finish first in the conference. UBC, the first placed team in CanWest, has won 12 straight games to attain an overall record of 13-1.

“We can only control our performance, and so that is where the focus is. Obviously making the playoffs is critical, and finishing first in Canada West would be awesome, but we do not control our destiny in that respect,” Eisler said of her team’s goals for the rest of the season.

It will be tough for the Pandas to make up ground against UBC, as they will not face them head to head again this season. But they will face second-place Trinity Western to close out their season in February.

Until that point, due to the competitiveness of CanWest, the games this weekend against Brandon will be critical for the Pandas and their championship aspirations.

Basketball Bears hope to rebound from loss

BASKETBALL PREVIEW Bears vs. Wolfpack, Heat

Friday, Jan. 18 and Saturday, Jan. 19 at 8 p.m.
Saville Center, Edmonton, AB
Andrew Jeffrey
SPORTS EDITOR • @ANDREW_JEFFREY

While the Golden Bears’ matchup with fellow top 10 ranked team Fraser Valley (UFV) last weekend looked to be a difficult game, few predicted Trinity Western (TWU) the day before would cause the Bears so much trouble.

The U of A opened the second half of the Canada West season with a surprising 90-85 loss to the now 4-8 TWU Spartans. The UFV Cascades looked to be the bigger game, being a rematch of last year’s CanWest championship now featuring head coach Barnaby Craddock going up against his former team. But U of A assistant coach Jonathan Verhesen saw that his team seemed to

take the Spartans too lightly.

“Against Trinity, the effort just wasn’t there. I think our mindset was more towards the Fraser Valley game, which as a coaching staff we try to keep down and try to focus on one game at a time,” he said.

“It’s one of those things you always tell your players not to take lightly, but I think it’s just human nature when you look at records and see that they’re not doing this, they haven’t won a lot of games. It’s one of those things where some guys can become complacent in their minds and it’s something we’re trying to change.”

But the U of A is taking this loss as a minor setback as they strive to prove to the rest of CIS that they are legitimate national championship contenders. With the team facing Thompson Rivers University and UBC-Okanagan this weekend, both with losing records, Verhesen is urging his players not to underestimate any opponents.

“They’re definitely a scary team that can get hot. They’ve got some shooters out there, a couple big young kids

in the middle that can cause us some issues,” Verhesen said.

“(UBC-O) has got four guards who can play, and if you have at least two guards that can play, you can win some games. It’s a nice message for our guys that we don’t want to take anyone lightly. We want to come out and we want to show the country that we are a top 10 team and take it to these guys this weekend.”

Verhesen is determined to use the loss to motivate his team going forward this season. The players rebounded the next day to defeat UFV 91-81 and will be considered favourites to continue rebounding from the loss with a string of victories in the games against TRU and UBC-O this weekend.

“I think it added a little fuel to the fire to show that was a one time thing,” Verhesen said. “It just added a little more fire for our guys, and you can tell that. You can see that especially in the game we allowed ourselves to get down early against Fraser Valley, but the guys knew and clicked in a lot quicker.”

Puck Pandas look to continue solid start to new year

FOOTBALL ROUNDUP

Pandas @ Pronghorns

Friday, Jan. 18 and Saturday, Jan. 19
at 7 p.m.
ENMAX Centre, Lethbridge, AB

Andrew Jeffrey

SPORTS EDITOR • @ANDREW_JEFFREY

After leaving behind their weekend series against the University of Saskatchewan with a win and an overtime loss, the Pandas hockey team has turned their luck around in 2013, having yet to lose in regulation time.

Throughout an up and down season that's seen a seven-game winning streak and a four-game losing streak, the Pandas begin 2013 with a respectable 3-0-1 record.

In two games against the U of S last weekend, the U of A gave their opponents 19 power play opportunities, but were able to kill all but one of those penalties.

Besides their penalty killing performance, head coach Howie Draper was impressed with the team's improvement thus far both offensively and defensively.

"We're scoring on power plays. We got a power play goal in the first game against Saskatchewan and I think we got a couple in Manitoba, and that was something that we were struggling with a little bit prior to the Christmas break," Draper said.

"Our goaltending has been very solid. I think (starting Pandas goalie Michala Jeffries) is playing her best hockey right now so she's back

to where I felt she was at the start of the first semester."

Now with an improved record of 13-6-1, the Pandas are sitting in second place in the Canada West conference. As the season winds down with just eight games remaining, the Pandas will be focusing more on attaining a strong playoff position.

"You can't worry too much about the outcome (against Lethbridge) or worry too much about what we have to do to beat Lethbridge, we just have to become a better team in our own right."

HOWIE DRAPER
PANDAS HOCKEY HEAD COACH

The team is currently just ahead of the third-place 13-7-0 Regina Cougars, who were defeated by the first-place Calgary Dinos by scores of 5-1 and 6-1 last weekend.

This coming weekend, the Pandas will be going up against their provincial rivals from the University of Lethbridge. While Lethbridge has a lacklustre record of 6-11-3, they forced the Pandas to have to win in overtime earlier this season before defeating them 2-1 the next game.

As Draper has often stated, any team can compete with any other team in the CanWest this year, and Lethbridge's past success against the Pandas this season has proven that.

"Lethbridge is very much like a lot of the teams in our league in

that they've got one very potent line and they've got a few players where if you give them the chance they can score goals — and they've got a goaltender that I think is fourth-highest in save percentage in the league," Draper said about Lethbridge's Crystal Patterson.

But as the Pandas prepare for playoffs, Draper is more focused on improving his own team's play than thinking about what needs to be done each week to defeat every individual team.

The steady development of the

Pandas' play on both sides of the ice will take precedent as they prepare to battle with Regina and Calgary late in the season for the top spots in the CanWest conference.

"First and foremost we have to stay the course and continue to work on every area and try to continue to refine the tactics and systems that we have in place already," Draper said. "I know that we can create a lot of chances if we're mobile offensively, moving our feet, attacking lanes when we're there and then taking chances to

get to the net when we have those chances. Against a good goalie, ultimately the more rubber we can get to the net the more chances we have to score goals.

"That's it, we just have to continue working towards becoming a better team defensively and offensively as a whole, and then good things can happen. You can't worry too much about the outcome or worry too much about what we have to do to beat Lethbridge, we just have to become a better team in our own right."



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GOLDEN BEARS HOCKEY

CANADA WEST CONFERENCE GAMES

Fri Jan 11	7:00 PM	Saskatchewan
Sat Jan 12	6:00 PM	Saskatchewan
Fri Jan 18	7:00 PM	Lethbridge
Sat Jan 19	6:00 PM	Lethbridge
Jan 25	7:00 PM	@ Calgary
Sat Jan 26	6:00 PM	Calgary
Fri Feb 1	7:00 PM	Regina
Sat Feb 2	6:00 PM	Regina
Feb 8 - 9	7:00 PM	@ British Columbia



CANADA WEST PLAYOFFS

Feb 15 - 17 Quarter-Finals
Feb 22 - 24 Semi-Finals
Mar 1 - 3 Finals

CIS NATIONAL CHAMPIONSHIP

Mar 14 - 17
University Cup
@ Saskatchewan (Saskatoon)

PANDAS HOCKEY

CANADA WEST CONFERENCE GAMES

Jan 11 - 12	7:00 PM	@ Saskatchewan
Jan 18 - 19	7:00 PM	@ Lethbridge
Fri Jan 25	7:00 PM	Calgary
Sat Jan 26	2:00 PM	Calgary
Feb 1 - 2	7:00 PM	@ Regina
Fri Feb 8	7:00 PM	British Columbia
Sat Feb 9	6:00 PM	British Columbia

CANADA WEST PLAYOFFS

Feb 15 - 17 Quarter Finals
Feb 22 - 24 Semi-Finals
Mar 1 - 3 Finals

CIS NATIONAL CHAMPIONSHIPS

Mar 7 - 10 @ (Toronto)

GOLDEN BEARS & PANDAS BASKETBALL

CANADA WEST CONFERENCE GAMES

	PANDAS	GOLDEN BEARS	VS
Jan 11	6:00 PM	8:00 PM	@ Trinity Western
Jan 12	5:00 PM	7:00 PM	@ Fraser Valley
Fri Jan 18	6:00 PM	8:00 PM	Thompson Rivers
Sat Jan 19	6:00 PM	8:00 PM	British Columbia Okanagan
Jan 25 - 26	6:15 PM	8:00 PM	@ Regina
Fri Feb 1	6:00 PM	8:00 PM	Manitoba
Sat Feb 2	6:00 PM	8:00 PM	Manitoba
Feb 8 - 9	6:00 PM	8:00 PM	@ Winnipeg
Feb 15 - 16	6:15 PM	8:00 PM	@ Saskatchewan

CANADA WEST PLAYOFFS

Feb 22 - 24 Quarter-Finals
Mar 1 - 2 Final Four

CIS NATIONAL CHAMPIONSHIPS

Mar 8 - 10 @ Carleton
Mar 15 - 17 @ Regina

GOLDEN BEARS & PANDAS VOLLEYBALL

CANADA WEST CONFERENCE GAMES

	PANDAS	GOLDEN BEARS	VS
Jan 11 - 12	7:30PM / 5PM	6PM / 6:30PM	@ Calgary
Jan 18 - 19	6PM / 5PM	7:45PM / 6:45PM	@ Brandon
Fri Jan 25	7:30 PM	6:00 PM	Winnipeg
Sat Jan 26	6:00 PM	7:30 PM	Winnipeg
Feb 1 - 2	6:00 PM	8:00 PM	@ Manitoba
Fri Feb 8	7:30 PM	6:00 PM	Trinity Western
Sat Feb 9	6:00 PM	7:30 PM	Trinity Western

CANADA WEST PLAYOFFS

Feb 15 - 17 Quarter-Finals
Feb 22 - 23 Final Four

CIS NATIONAL CHAMPIONSHIPS

Feb 28 - Mar 2 @ Sherbrooke (Montreal)
Mar 1-3 1 @ Laval (Quebec City)

GOLDEN BEARS & PANDAS VARSITY SPORTS

WRESTLING

Feb 4 - 5 Golden Bears Invitational Varsity/Dual Meet
Feb 15 - 16 CW Finals @ Edmonton
Mar 1 - 2 CIS Championship @ Western University (London)

TENNIS

Feb 15 - 17 Green & Gold Invitational
Mar 8 - 10 Western Regionals @ TBD
Aug 8 - 11 University/College Championships @ Montreal

GOLF

May 27 - 31 University/College Championships @ TBD

CURLING

Feb 15 - 17 CIS/CCA Western Regionals @ Saville
Mar 20 - 24 CIS/CCA University Championships
@ Thompson Rivers (Kamloops)

SWIMMING



Jan 25 - 27 CW Finals @ Victoria
Feb 21 - 23 CIS Championship @ Calgary

TRACK AND FIELD



Sun Jan 6 Dual Meet vs UofC
Jan 18 - 20 Golden Bears Open
Feb 22 - 23 CW Finals @ Regina

Mar 7 - 9 CIS Championship Hosted by University of Alberta

March 7-9

Track and Field

U of A Pavilion / Van Vleet Centre 87 Ave. & 114 St.

HOME GAME VENUES

Golden Bears and Pandas Hockey play at
Clare Drake Arena 88 Ave. & 115 St.

Basketball and Volleyball play at
Saville Community Sports Centre 11610 - 65 Ave

Rugby plays at Ellerslie Rugby Park
11004 Ellerslie Road SW

Football, Soccer, Tennis & Curling play
at Saville Centre / Foote Field 67 Ave. & 114 St.

Wrestling, Track and Field & Swimming compete at
U of A Pavilion / Van Vleet Centre 87 Ave. & 114 St.

FOR TICKETS AND INFORMATION

780-492-BEAR (2327)

- IN ADVANCE at the Activity Registration Zone Sales Office W-79 Lower Level Van Vleet Centre, University of Alberta Campus.
- ON EVENT NIGHT at the Ticket Booth prior to entering event. Subject to ticket availability. Advance purchase is recommended.



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Bold predictions for the sports world to come in 2013



Sports Staff

GROUP COMMENTARY

As we enter the bold new era that is the new year of 2013, we here at *The Gateway* can't help but wonder if the biggest sports stories of the coming year will match the tumultuous year the sports world just experienced.

Darcy Ropchan

In 2013, cricket is going to explode on to the international scene.

Before you write in and say, "But cricket's already popular!" — save it. I'm talking about the North American scene: the only one that matters. Cricket is going to dominate.

I'm not sure how the game works because I haven't been able to watch more than two minutes without having the overwhelming urge to fall asleep or change the channel, but I think this is the year.

With multiple professional sports leagues experiencing lockouts at some time or another, it probably leaves a hole in the market that cricket would fill nicely. What else is there to watch — soccer? Not a chance. That might be the only sport that's more painfully boring to watch than cricket.

The best part about cricket is that the ball is rock solid — making perfect opportunities for career-ending injuries, which is my favourite part about watching professional sports. With this in mind, it's amazing that cricket isn't currently bigger North



SUPPLIED

America.

So it may seem like a bold prediction, but I know I'm right. Move over hockey, football and basketball — there's a new, somewhat interesting sport in town.

Cameron Lewis

The lockout is over, the NHL is back for a slapped together 48-game season and it seems like many fans will apathetically return to spending their evenings watching a completely unchanged product that was meaninglessly fought over for months by a bunch of brats.

Do I sound bitter? I'm not alone.

While it's nice hockey is back, there really isn't anything to get excited about this time. After the last two lockouts, we saw fired-up fans fly into stadiums to fill seats,

but this time I'm not so sure. The third time is the charm and this will be the straw that breaks the camel's back.

After the last lockout in 2004-2005, the game returned with a totally new look: shootouts, a salary cap and less clutching and grabbing. This time, it's exactly the same as it was in June, and the fans know it.

TV ratings, attendance and merchandise sales will dramatically fall and the KHL will take advantage of this and rise up to rival the NHL, like the WHA did back in the '70s.

The KHL has jumped on the opportunity given to them by the Mickey Mouse NHL and is beginning to gain popularity by offering players mega contracts and doing everything they can to create an exciting on ice product for their fans. I've seen Canadian hockey fans talk online about how

they "prefer" watching KHL games. Heck, they even managed to grab a TV deal with ESPN earlier this year, which hasn't shown NHL action in years.

The NHL is going to have to make a change soon, because the fans aren't happy and KHL is ready to do something about it.

Alana Willerton

After all the chaos surrounding the Edmonton arena deal this past year, 2013 will see Oilers hockey take a drastic turn. Rather than building an expensive new arena, City Council will scrap the idea in favour of a much cheaper option that the Oilers recently explored: playing at the Hawrelak Park outdoor rink.

The Oilers took to the ice in their quaint new facilities this past week

in celebration of the NHL coming back, and it was then that the idea for a new arena location struck.

In light of this, the outdoor rink will become the official new home of the Edmonton Oilers, and it comes complete with an abundance of homeless fans, ashen barbeque pits and cobweb-filled bathrooms that the team can use as their change rooms. The fact that a decision on the arena has finally been made will also bring Mayor Stephen Mandel and Oilers owner Daryl Katz together at last, where they can finally stop bickering to hug it out like the bros we all wish they were.

Sure, the new arena is slightly less impressive in stature than the old one, and fans may catch hypothermia while watching the Oilers continue their losing ways, but at least we can finally won't have to hear about arena drama anymore.

Andrew Jeffrey

I know this is going to sound crazy, but after what will end up being three long years of winless games, the Golden Bears will finally, mercifully attain a CIS victory.

Heck, if you're feeling lucky, you could even say they might win two games. After all, if they beat a team once this year, hypothetically they might be able to do it again.

But let's not get ahead of ourselves and talk about playoffs just yet. Baby steps. But maybe one day in the bold predictions of 2015, someone might predict the Bears could win a third, fourth or even a playoff game. Who knows what crazy things the future could hold: hoverboards, teleporters and Golden Bears football wins.



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Diversions

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Volunteer
Comics meetings Wednesdays at 5 p.m. in 3-04 SUB. C'mon by!

COMICS

METALEETO by Ross Vincent



SUBSUB by Stefano Jun



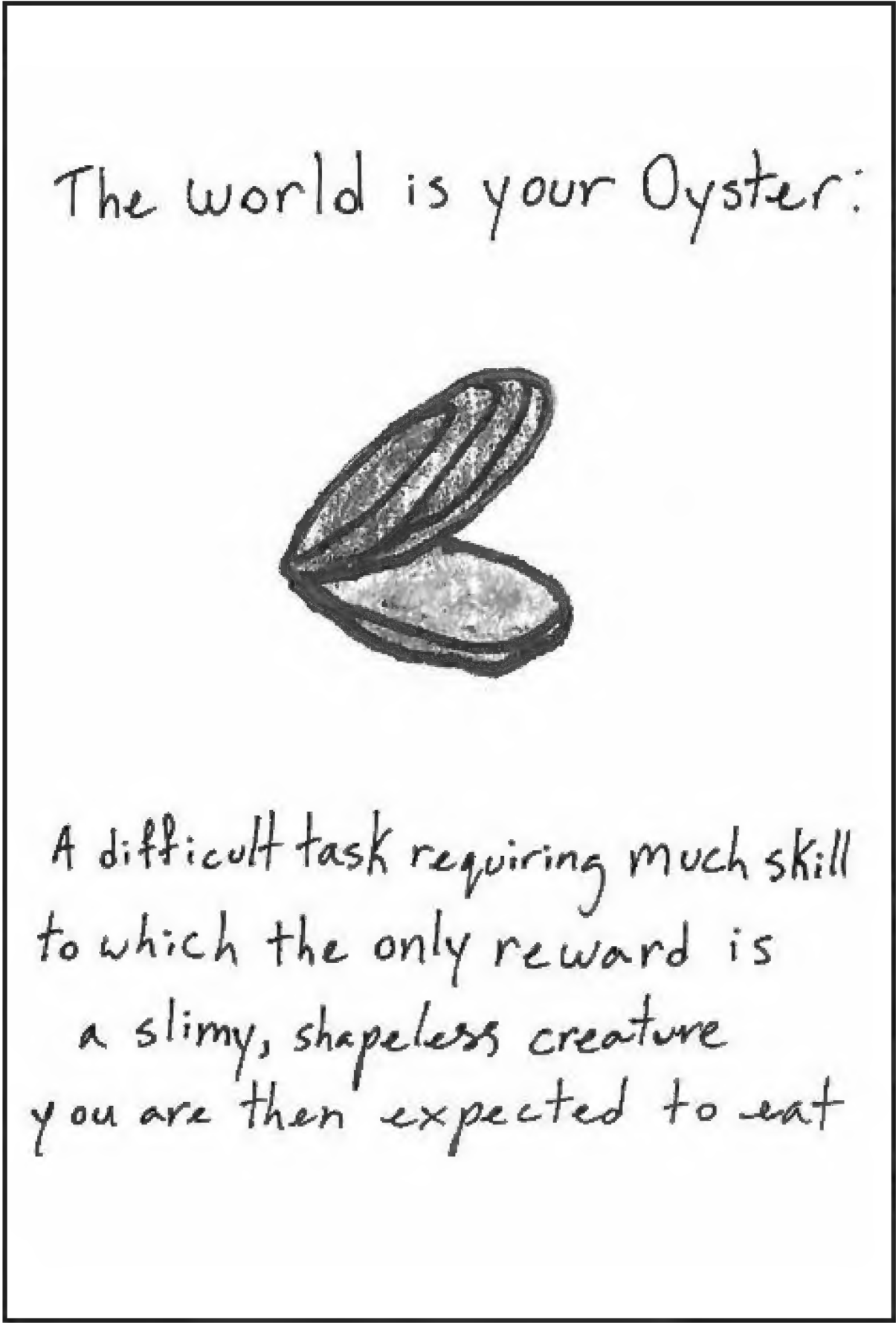
GREY CAT by Ross Vincent



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I AM NOT A LUNGFISH by Jessica Pigeau



crossword

Puzzle provided by BestCrosswords.com Used with permission.

Across

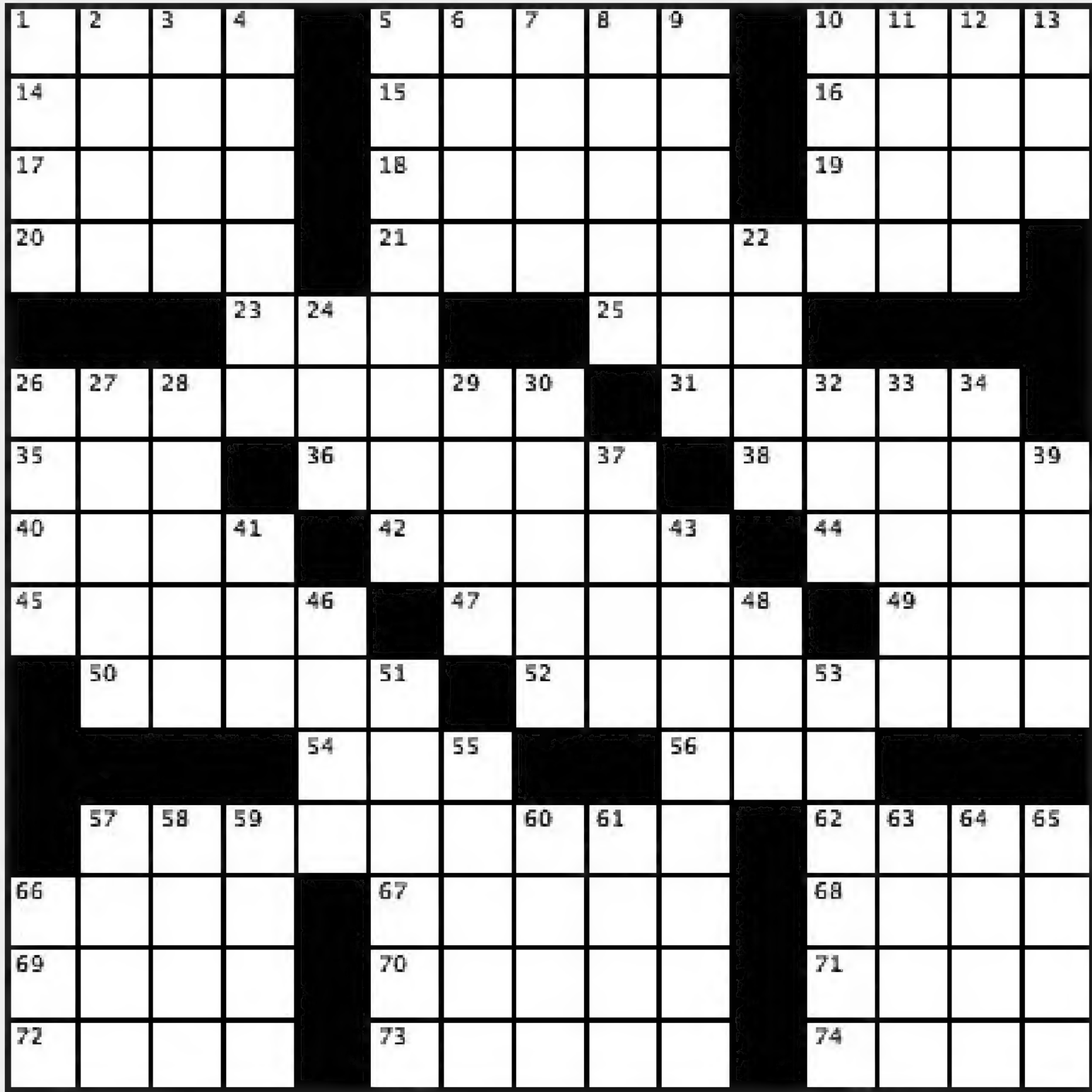
- 1. Turkish titles
- 5. Glaze
- 10. Arguing
- 14. Deep cut
- 15. Oscar de la ____
- 16. "The Joy of Cooking" author Rombauer
- 17. "____ sprach Zarathustra"
- 18. Slippery as ____
- 19. "Jurassic Park" actress
- 20. Pealed
- 21. Mattress of straw
- 23. Diamond authority
- 25. Eternity
- 26. Bobbins
- 31. Windlass
- 35. Prince Valiant's son
- 36. Organization
- 38. Chief island of the Philippines
- 40. LP player
- 42. Block
- 44. Actress Garr

- 45. Coniferous tree
- 47. Claw
- 49. Taxi
- 50. Taj ____
- 52. Proves beyond doubt
- 54. VCR button
- 56. "Fancy that!"
- 57. Characteristic of mammals
- 62. Church area
- 66. I did it!
- 67. Bellini opera
- 68. Follow
- 69. Banned apple spray
- 70. Two
- 71. Gaelic language of Ireland or Scotland
- 72. Dagger
- 73. Beginning
- 74. Quantity of paper

Down

- 1. Culture medium
- 2. Big bash
- 3. Org.
- 4. Military commander of Japan
- 5. Wrestled

- 6. Actress Olin
- 7. Dedicated to the ____ Love
- 8. Inscribed pillar
- 9. Yellowish color
- 10. Helps
- 11. Very, in Versailles
- 12. Hungary's Nagy
- 13. Convert into leather
- 22. Deep blue
- 24. Rx writers
- 26. Satirist Mort
- 27. King of Troy
- 28. Below: prefix
- 29. Coup d' ____
- 30. Shrub of the cashew family
- 32. Crackpot
- 33. Prague native
- 34. Goddesses of the seasons
- 37. Haul
- 39. Penpoints
- 41. German pronoun
- 43. Affecting the emotions
- 46. Injure
- 48. Vane dir.
- 51. Simple shed
- 53. Pivot
- 55. Jester



- 57. Former French colony of north-western Africa
- 58. Hebrew month
- 59. Imprint
- 60. Some nest eggs
- 61. French friend
- 63. Bern's river
- 64. Passport endorsement
- 65. K-6
- 66. Bit

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SERIOUS COMICS by Avery Bignob



ask Dr. Donna

WRITTEN BY Dr. Donna Cave



A long time ago in a galaxy far, far away, Dr. Donna had a physically demanding summer job where folks talked about pythons and guns while entertaining discussions of six packs and jerks. I got burned, cut, ripped and lost so much weight I wore size two clothing by the end of the summer. Was I taking wealthy Americans on exotic backcountry hunting adventures? Nope, I worked in a gym. My son is skeptical that his size 16W mother has ever even stepped into a gym, as the only reps he has known me to associate with are drug salesmen, and the only sets and curls he has seen me perform involved his sisters' hair, but he is willing to suspend his disbelief and has asked me to write about dietary supplements for muscle building. Given that one survey of a recreational gym revealed that 48 per cent of men were taking nutritional supplements for this purpose, it's apparent that it's not just my son and Joe Weider who are interested in this conversation.

There are a bazillion costly products on the market making some pretty wild claims, and most lack definitive proof of effectiveness and safety — but there are a few that do appear to be worth the money. It should be noted that you can't just take the supplements, sit in front of the TV and expect to look like a Bulgarian Olympian. Weight-lifting is required. Hands down, the most effective dietary supplement appears to be creatine, which increases both high intensity exercise capacity and muscle mass during training, likely as a reflection of the improved ability to train harder. Weight gain has been reported

but the supplement appears to be safe and side-effect free in healthy individuals. There is evidence it may actually lessen the chance of injury during training. Creatine monohydrate is the most extensively studied form, and the recommended amount is 0.3 g/kg/day for at least three days, followed by three to five g/day thereafter.

Weight gain powders and protein supplements are also popular and do have evidence of effect. Consuming extra calories through diet or weight gain powders can compensate for the increased energy requirements of weightlifting, but only 30 to 50 per cent of the weight gain achieved is muscle while the remainder is fat. A better plan is to increase protein, as those needs are also elevated in folks engaging in intense training and supplements can help reach the recommended 1.4 to two g/kg/day. The best dietary sources of high quality protein are chicken, fish, eggs and milk. The best nutritional supplements are whey, colostrum, casein, milk and egg proteins. Fears that this level of protein consumption is unsafe are unfounded in healthy, exercising individuals. Timing is important, as protein should be consumed in the time period encompassing the exercise session to be most effective.

So, son, it appears that if you're going to put your money into nutritional supplements, creatine and protein appear to be your best bet. I will look forward to improved performance in lifting the garbage, shovelling the snow and pushing the vacuum, as I have a vested interest in the effectiveness of your gym sessions. Maybe your mom will just show you how it's done.

E-mail me at askdrdonna@gateway.ualberta.ca or click the link to Ask Dr. Donna at thegatewayonline.ca!

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